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Nuts

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FRAIN PICS!



SILLY!



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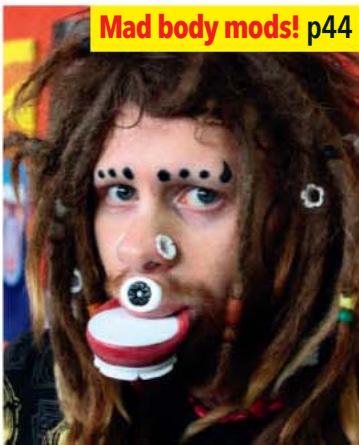


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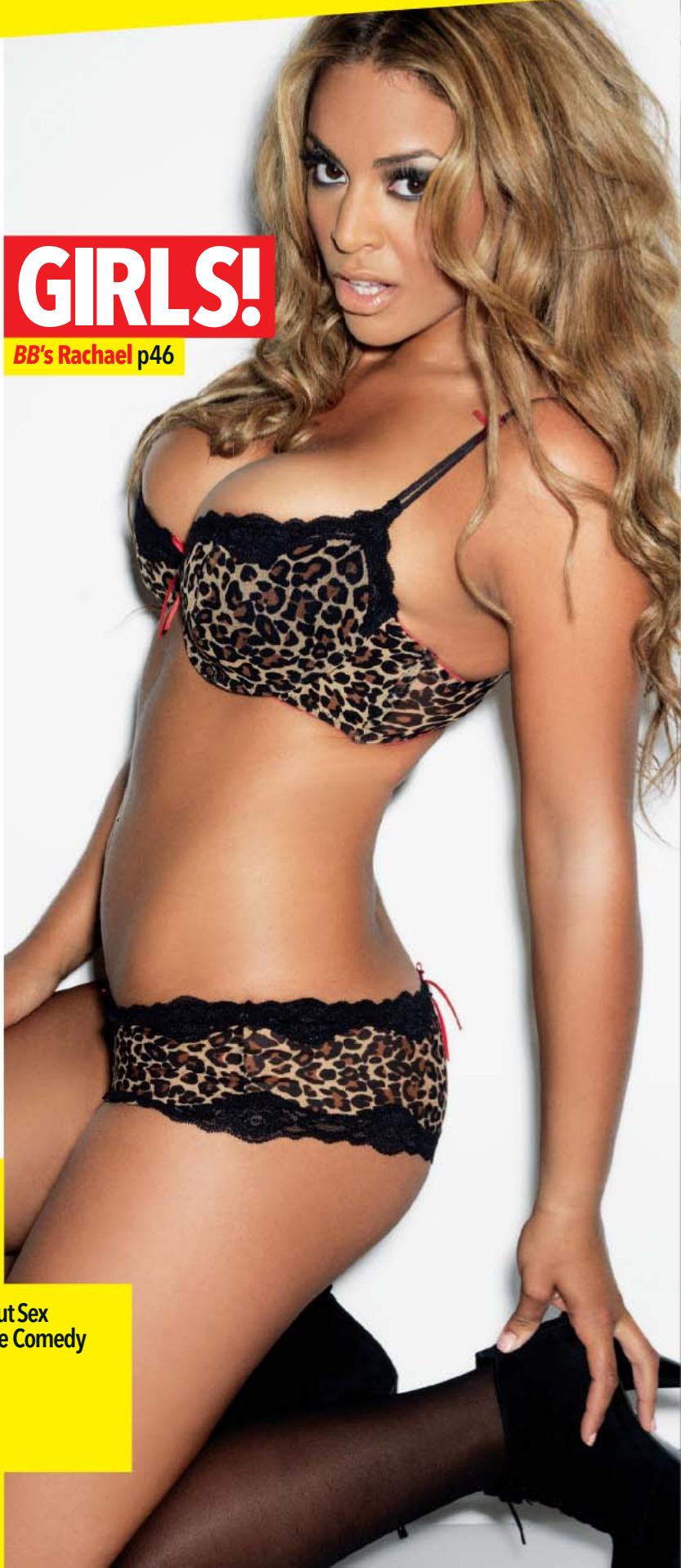
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IN THE Nuts OFFICE!



Simpson give us a Stig helmet!

Home Draught: beer heaven!

Nuts NEWS

HOLDING THE LINE, EVERY WEEK!

Craziest World Cup ever!



The 18 looziest moments from South Africa so far!



FABIO'S JOY!

FABIO CAPELLO LOSES IT!

A normally reserved Capello goes loopy with glee at the end of the England vs Slovenia match and proves that although he's Italian, he's not that different to England fans after all.

ANELKA'S OUTBURST!

After receiving half-time advice from his manager, Nicolas Anelka, who has never scored for France in a World Cup, replied: "Go f**k yourself, you dirty son of a wh*re." No wonder he got sent home!



SWITZERLAND DO SPAIN 1-0

We anticipated a Spanish victory. What we got instead was the chance to laugh at Del Bosque's men as a team of chocolatiers and bankers* beat them 1-0.

MOTD'S LANGUAGE BARRIER

One of the tournament's great delights has been watching Alan Shearer trying to keep up with Emmanuel Adebayor's breakneck babbling punditry. Mind you, he probably doesn't understand Alan either.

MARADONA'S SICK TOUCH!

He might look like an extra from a remake of *Waiting For (The Hand Of) God* but the mad manager still has a better touch than Heskey.

REFS VS THE USA

The Yanks have had not one but two clearly legit goals against Slovenia and Algeria chalked off. Does the world really hate them?

NEW ZEALAND'S SHOCKS

First they bag a 93rd minute equaliser against Slovakia, then hold World Champions Italy to a 1-1 draw and finish above them! Bonzer! Oh, that's Australian...



GO KIWIS!



SEXY MOB!

BEAUTIFUL BEER BABES!

We welcome the sight of 32 hot Dutch lasses in matching beer-promoting Holland strips. Sadly, ITV didn't, on account of their berkish pundit Robbie Earle giving them his free tickets!

SLOVAKIA SEND ITALY HOME!

Coming into this game, Slovakia were bottom of their group. After their victory over Italy, Lippi and co were airport-bound.



TERRY FLIES!

ROONEY FLIPS OUT!

"Nice to see your own fans booing you," snarled Wazza at an ITV camera, frighteningly. Anyone bold enough to point out to him that you hear boos, you don't see them? No? Thought not!

DENMARK'S OWN GOAL!

Who do you credit it to? Defender Simon Poulsen heads it onto Daniel Agger's back and it goes in? Well, we don't know, but it was hilarious either way!

NORTH KOREA

Their "fans" are soldiers and the manager is in regular contact with Kim Jong-il for tactical advice during games. Maybe that's where Steve McClaren went wrong.

KOREAN FELLA BLUBS!

Sometimes it all gets too much for a World Cup first-timer, which is why striker Jong Tae-se blubbed like a girl during his North Korea's national anthem. Would oo like an ickle tissue?



CRY BABY!

GOALMOUTH PIGEON

Sadly, the only thing to get close to Algeria's goal in England's dismal 0-0 draw was a pigeon!

RONALDO'S FLUKEY GOAL!

The preening winker hadn't scored for his team since February 2009, then puts away the flukiest goal in living memory, as the ball bounces off the back of his neck to fall sweetly for a volley. Jammy git!

THIERRY HENRY'S APOLOGY TO FRENCH PRESIDENT!

After the France team were flown home in economy class, Henry then had to explain the reason behind their humiliating World Cup exit to Nicolas Sarkozy!

JOHN TERRY'S DIVING HEADER FAIL!

England's former skipper tries to clear a shot with his face, before getting turf in his teeth. Not the first time he's gone down in the box, we'd imagine.



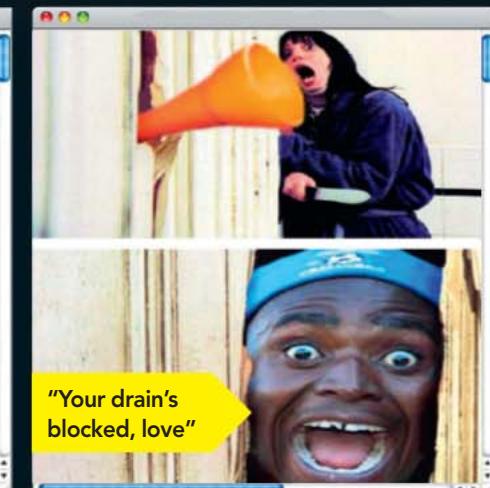
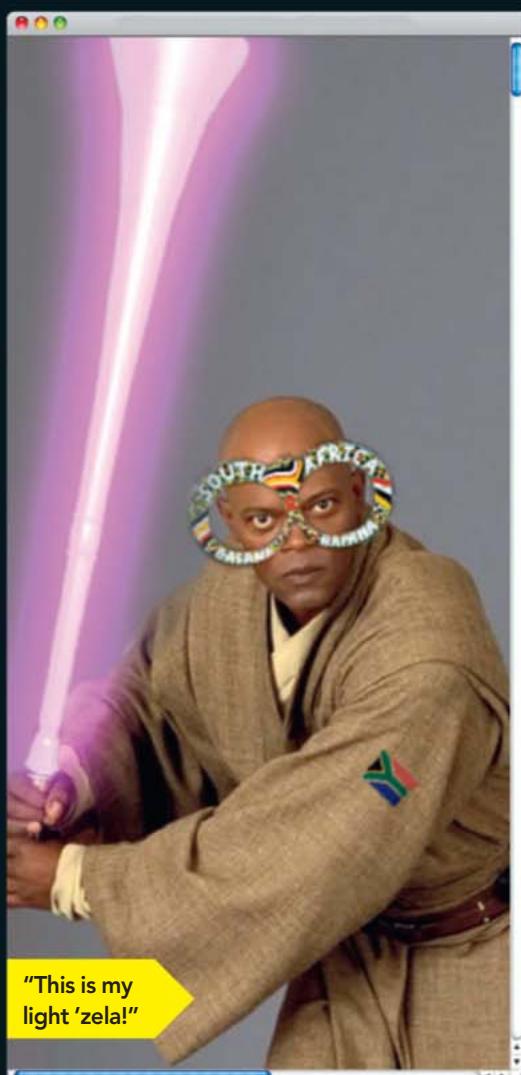
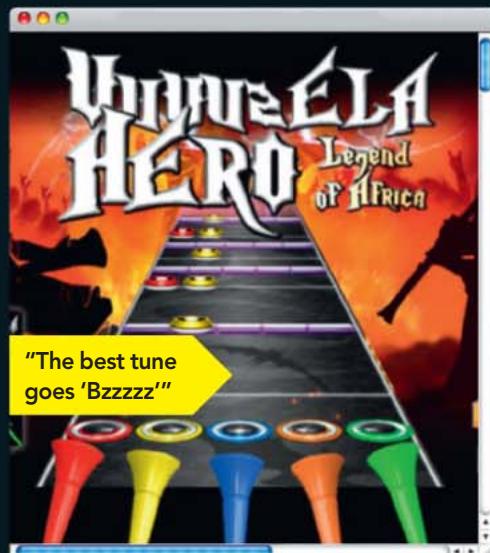
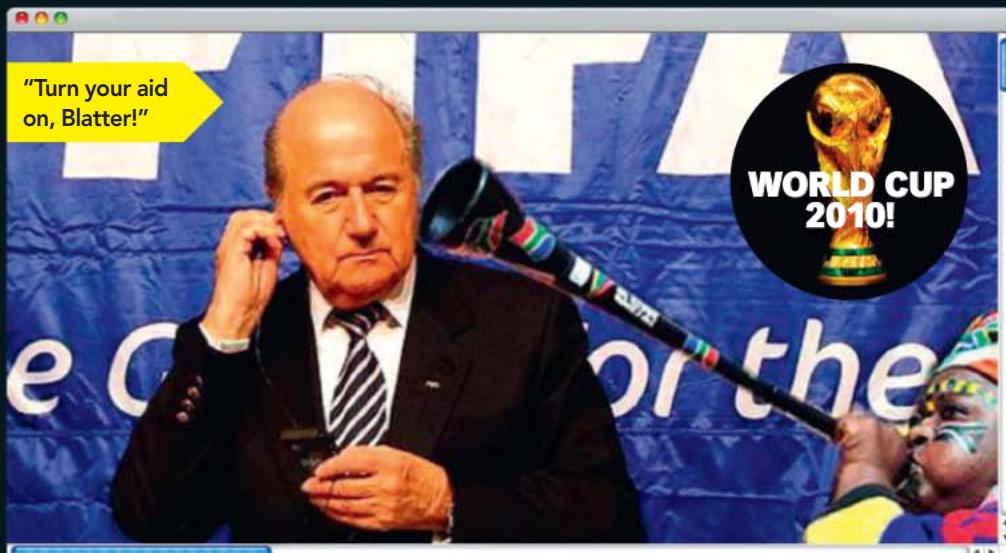
CRAZY FROG!

FRENCH GAFFER IS NOT MR SHAKY HANDS

After his sorry excuse for a team lost 2-1 to South Africa, France manager Raymond Domenech showed shocking arrogance by refusing to shake hands with South Africa's boss.

It's vuvuzela m

The World Cup's hellish horns provide spam merchants with plenty of scope



adness!

for comic creativity!



Vuvuzela finally put to good use...

For World Cup news go to www.nuts.co.uk/football

Lawro's lame World Cup one-liners!

Bizarre quips from the BBC's main man!



ENGLAND VS ALGERIA
Lawro after a pigeon lands on the crossbar: "Bird's eye view!"
Lawro talking about a fan who's spotted himself on the big screen: "He had bingo wings, that lad."



Lawro after an Algerian player's shorts ride up: "Aye aye, what's he got on underneath there?"
Guy Mowbray: "A pair of bobby-dazzlers."
Lawro: "Bobby boxers."



ENGLAND VS SLOVENIA
Mowbray on Stuart Pearce's activity on the sidelines: "I've not seen Stuart Pearce so active since this tournament started either."
Lawro: "He's got worms!"

Lawro on Frank Lampard's meaty slide tackle:
Mowbray: "These days, that's termed 'overly aggressive'."
Lawro: "No, it's tackling, Guy."
Mowbray: "Well I'm with you."
Lawro: "I've noticed!"



ENGLAND VS SLOVENIA
Lawro on two England fans in the crowd who are dressed as Crusader knights, complete with swords and chain mail: "They're having a nice night."

Lawro after David James saves another Slovenian shot: "Watching England is like an instant cure for constipation."
Mowbray: "I wondered what that was."



SEXY SINGER!

PERFECT VIEW!



Rihanna's hot bikini break!

The gorgeous R&B singer's busting out on her Barbados hols!

Taking a break from warbling about umbrellas and rude chaps, R&B star Rihanna found the time to show off her new barnet and truly brilliant bikini in Barbados.

We suspect the 22-year-old hoped her new bright-red hairdo

would get all the attention on the Caribbean island but with a boob-enhancing top like that, she could have styled her hair in the shape of a massive luminous yellow vuvuzela and we'd still be struggling not to look down south. Nice try, Ri!



IN HER VID!



"No, can't see your
keys. Sure you left
them down here?"

**SHE'S SWELLA-
ELLA-ELLA!**



'Can anyone smell smoke?'

Inferno hits Rio! Residents break out the steaks!

WORDS: RORY BUCKERIDGE PHOTOS: REX

No, someone didn't leave the oven on. This huge forest fire was the result of lanterns released during festival celebrations in Rio de Janeiro, Brazil.

The lanterns contain flaming wicks of cotton soaked in wax, and are blamed for around half of all the forest fires in Rio – like

this one, on the mountainside between Lagoa and Copacabana.

In 2000, one lantern landed in a car dealership and set 44 vehicles ablaze. Apparently it was a Hyundai one, so no harm done!

See footage of the fire at
nuts.co.uk/spambank



"I think you may have
used too many
firelighters, Brian"

A LANTERN DID THIS!

Katy Perry

In new music vid

We'll forgive Katy for her poor spelling skills in this vid for her single *California Gurls*. In fact, if she looks like this, we'll forgive her anything! Murder, fraud, wedgies, Chinese burns...

**Helen Flanagan**

Out and about, Manchester

Here's *Coronation Street* hottie Helen out shopping in Manchester city centre last week. We reckon she was in the market for a new bra. We're a bit psychic like that. It's weird!

RUDE NEWS

The knockout stages of knockers news!

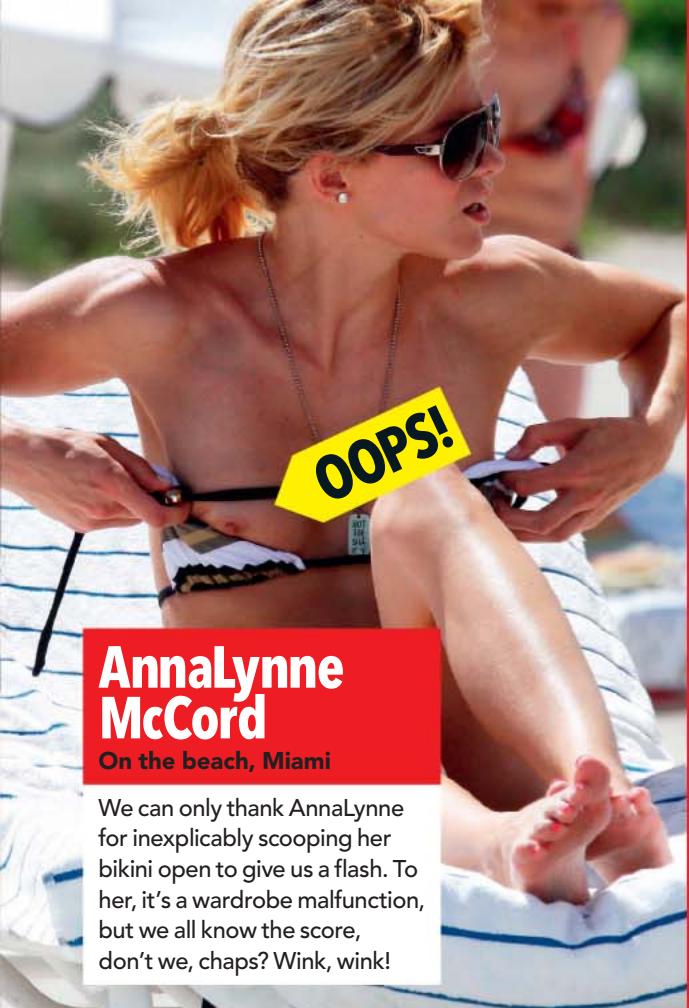
**Georgina Baillie**On *Dating In The Dark*

Georgina's been signed up for TV show *Dating In The Dark*, where people blind-date in a totally dark room. If this is her outfit and we can "look" with our hands, it's an utter winner!

**Charlie Webster**

Playing tennis, South London

The Sky Sports lass got some tennis in, with her sly partner spending the day rolling balls along the court. "Fiddlesticks! I've done it again. Could you get that for me? Awesome!"



AnnaLynne McCord

On the beach, Miami

We can only thank AnnaLynne for inexplicably scooping her bikini open to give us a flash. To her, it's a wardrobe malfunction, but we all know the score, don't we, chaps? Wink, wink!



Lindsay Lohan

By the pool, Hollywood

Lindsay's boobs draw our gaze away from her court-sanctioned alcohol-sensing leg bracelet in a plan that's not the world's most cunning scheme, but is certainly the most effective.

NEWS FLASH!... NEWS FLASH!... NEWS FLASH!... NEWS FLASH!...

NEWS FLASH!... NEWS FLASH!... NEWS



Nuts news

flash!

Lindsey Strutt on the new iPhone 4

"I really want one. Maybe I could have beaten the queues by going down with my boobs out to distract everyone!"

The new Dyson was aimed at billionaires

600BHP KILLER!

Ace limited edition Panoz Abruzzi!

There are only 81 of these monsters up for grabs!

- This is the Panoz Abruzzi "Spirit Of Le Mans" a car designed to be driven straight from the road onto the racing track.
- This amazing-looking motor is powered by a 600bhp engine mounted at the front, which transmits 590lb-ft of torque to the rear wheels.
- **No official performance figures have been released yet, but 0-60mph should come in at about four seconds and top speed will be around 200mph.**
- Just 81 of these cars will be built from now until 2013, corresponding to the number

of Le Mans 24-Hour races between the inception of the event in 1923 and the one in 2013. Get your skates on!

- **Delivery of the Abruzzi can only be taken at the Le Mans track in northern France.**
- If you buy the Abruzzi, you must undertake two days training on the track to get used to handling such a powerful road car.
- By purchasing the car, you receive free entry to next year's Le Mans race. You'll also be allowed to drive the car around the track pre-race.
- The car's Recyclable Energy Absorbing Matrix System

makes it lighter than carbon fibre, yet equally strong. Just 8mm of the stuff can stop a .22 bullet from 20 feet away.

- **And it could be yours for just £150,000!**

"Get that car off my bloody lawn!"



"Yeah, but where do my travel sweets go?"

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HAIRY RAP STAR!

A QUICK WORD WITH...

Example

The British rapper on his hair, his trainers and his celeb mates!

Hi Example! When you're out, do people think you're facetious when you say things like "Can I have a table for example", "Can I hire a car for example"? Pretty much. I don't really get recognised much. I put my hair down and try to be anonymous. **You have massive hair. Do you have things living in it?** A small family live there. The mum and dad look after the front and the kids do the back. It needs lots of treatment when I get sweaty. **You're chums with Professor Green. Is he a bit dull, banging on about physics, the Hadron Collider etc?** Yeah, I've heard him rap the whole periodic table, but not as well as Professor Pink and Professor Brown. **Rappers these days are either really tall, like you and Dizzee**

Rascal, or really short like Tinchy Stryder. What's wrong with the rap gene pool? Maybe I should be called Lanky Raver. Then you'd have Tinie Tempah, Tinchy Stryder and Lanky Raver. **That'd help. You used to be a comedian. Tell us a joke.** What do you call a leper in a bath? Stu.

"There's a small family in my hair!"

I did a whole leper-based set but no one knew what a leper was because it's not a popular illness! **What's new single Kickstarts about?** It's about kicking tarts. If I get bored, I get a Mr Kipling tart, take a run-up and kick it.

Right... what's album title track *Won't Go Quietly* about? It's about women who you want to come around your house because they're really good in bed but when you try to get rid of them in the morning, they won't leave quietly. They're like, "Aw, take me shopping. I want to go to Laura Ashley. Take me to McDonald's." You're just like, "Get out of my house!"

You obviously date a wide variety of women if some want Laura Ashley and some want McDonald's! Laura Ashley is a sign of a good, posh bird. Posh birds like nuggets, too! **When you use your credit card, do people think it's a dummy one because it says Example on it?** Sometimes they'll be like, "Sorry, this is an example" and I'm like, "No, love, I'm Example!"

Thanks, Example! Give us three examples why you're the best thing around. No one else has written a song about tarts. I've written the first cake-based love song. Plus, I have the best hair in pop. And I've got 147 pairs of trainers. I wear them then give them to fans. I'm very charitable!

Single Kickstarts and album *Won't Go Quietly* are out now



WITH NUTS!

THE NUTS LIP-READER!



When he watches a match, he sees every word! John Cassidy is a **real** lip-reading expert. And an FA coach!



Fabio Capello:
"Pass to him, pass the fking ball!"**

ENGLAND VS ALGERIA Cape Town Stadium, Fri 18 June, 7.33pm
The England boss shows the technical skills that justify his big salary.



Prince Harry: "We're in big trouble"

ENGLAND VS ALGERIA 9.25pm His Royal Highness knows the score after England's dismal draw in their second group match.



Gareth Barry: "Let's do it again. Come on!"

ENGLAND VS SLOVENIA Mandela Bay Stadium, Wed 23 June, 3.22pm England's anchor wants a second goal after Defoe's opener.



David James: "Superb! F**king superb!"

ENGLAND VS SLOVENIA 4.23pm The England keeper congratulates his defence after a series of last-gasp blocks keep Slovenia at bay.

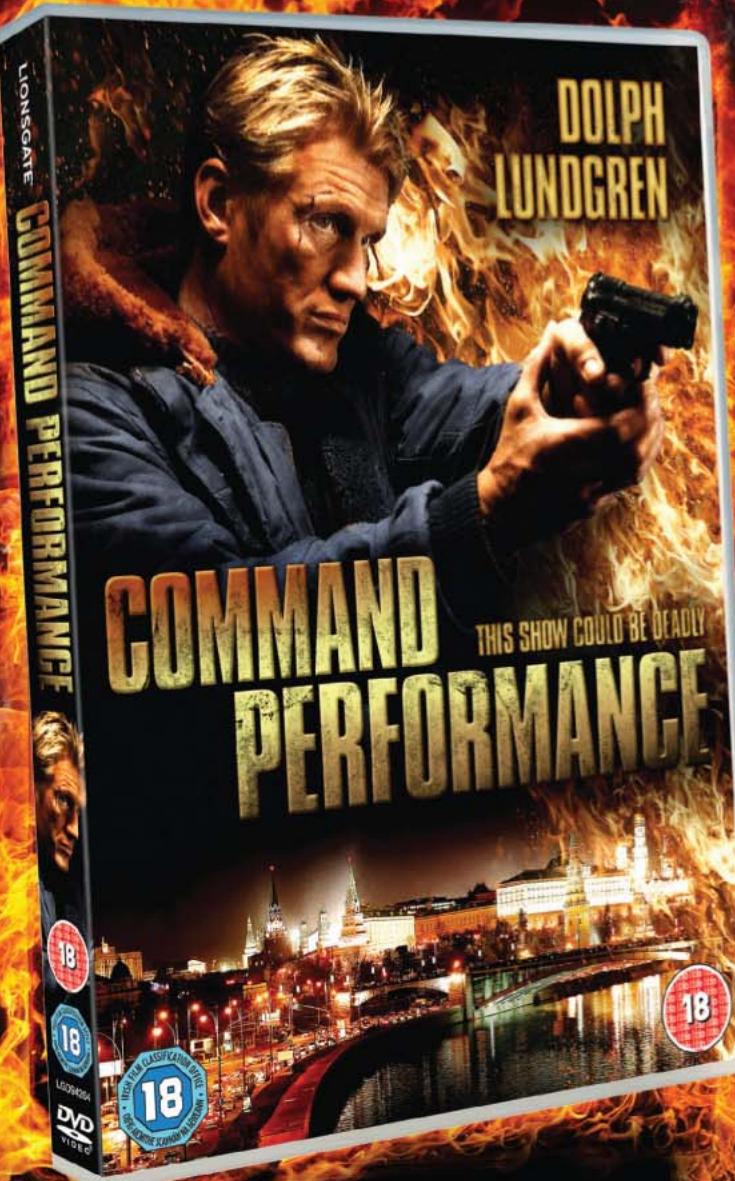


David Beckham: "Ah, f**k off! F**king cheat!"

ENGLAND VS ALGERIA 9.19pm Goldenballs loses his rag after an Algerian player takes a tumble near the end of the game.

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She remembered
she'd left the
castanets at home

**BLONDE
BEAUTY!**



Nuts EXCLUSIVE!

Rhian hits the beach!

And look - her top is nowhere to be seen!

Temperatures in Puerto Banus, Marbella, shot up last week when gorgeous Rhian Sugden hit town!

When we head to the beach, our routine involves keeping our moobs firmly under wraps and drawing willies in the sand. Luckily, the Bury babe isn't so shy about her chest twins and was quick to show the locals the correct way to sunbathe. Minus the willy-drawing, of course!



"3, 2, 1. Ready or not, here I co... oh, that was easy!"

"They've been like this ever since I went on Nemesis at Alton Towers!"



BP's new spokeswoman tried to get the public back on side



SHE'S STUNNING!

The invisible drinks tray gag went down better than she'd expected



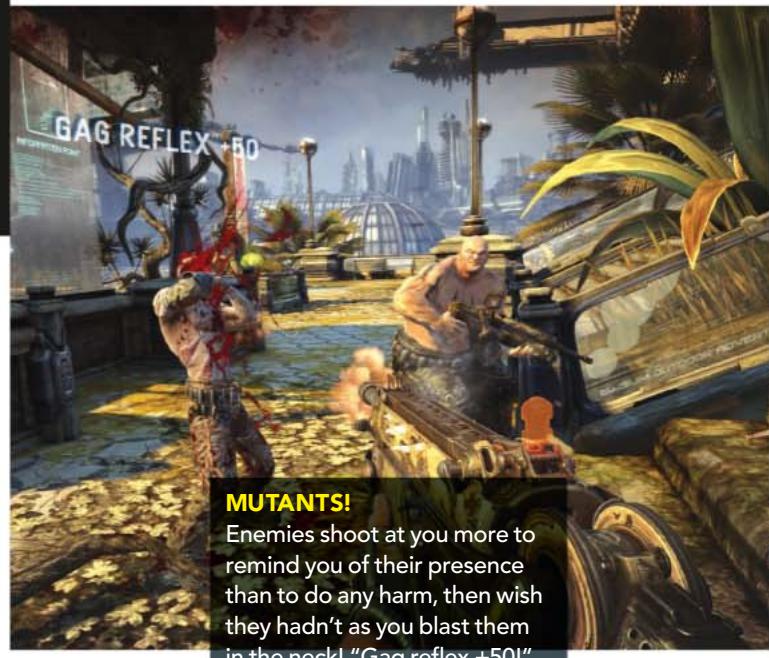
HEADSHOTS!

As you can see, there's lashings of OTT, cartoonish violence, as a well-aimed bullet takes a mutant enemy's head clean off. That's another 50 points!

GORE FEST!**Nuts EXCLUSIVE!**

Bulletstorm: first play!

The Gears Of War chaps make mental new shooter!

**MUTANTS!**

Enemies shoot at you more to remind you of their presence than to do any harm, then wish they hadn't as you blast them in the neck! "Gag reflex +50!"

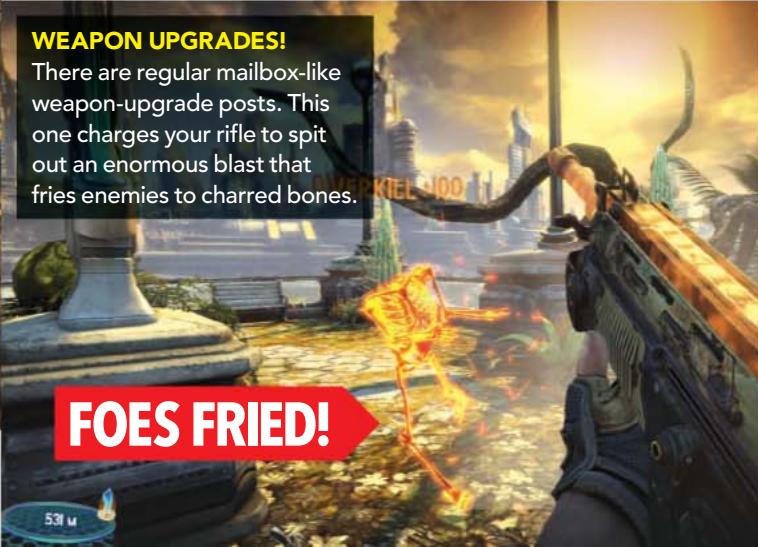
In their down time when not making *Gears Of War 3*, developer Epic makes even more bonkers shooters! *Bulletstorm* is a run-and-gunner where the style in which you off your foes is all-important. Take

enemies down with a boring old slug to the chest and you'll get a measly score. But pop a cap in their heads and the serious points start piling up!

It's awesome fun, as you'll see when it drops in Feb 2011. Ace!

WEAPON UPDATES!

There are regular mailbox-like weapon-upgrade posts. This one charges your rifle to spit out an enormous blast that fries enemies to charred bones.

FOES FRIED!

Nuts GEAR

Sony NEX camera

www.sony.co.uk

Nuts says: The world's smallest and lightest interchangeable-lens digital camera, this 14.2-megapixel snapper takes 1080i HD movies and sweep panorama shots, and even boasts 3D capability. Neat!



£580

Sony Ericsson Yendo mobile

www.sony-ericsson.co.uk

Nuts says: Touch-screen Walkman phone with PlayNow easy access to your tunes, full social network connectivity and a hot zone on each corner for easy shortcuts.



The Sony NEX offers on-screen shooting tips to help novices to take better pictures

Free with contract

Toshiba Libretto W100 laptop

www.toshiba.co.uk

Nuts says: This stunning double touch-screen laptop allows you to run apps side by side and move them between screens, then save content to the 62GB solid memory.



£1BC

An accelerometer means you can hold the Libretto vertically and read it like a book

Check out more reviews at www.nuts.co.uk/reviews



£50

X-mini Happy

www.advancedmp3players.co.uk

Nuts says: Billed as the world's smallest boom box, this satsuma-sized wonder plays MP3s from an SD card, while the Bass Xpansion System boosts low-range noise. It expands, too, for clearer sound.



Sammy Jo!

She's a 32G goddess from Essex!

Hi Sammy Jo! What do you hope to achieve by being *Nuts*' Next Top Model?

I just want to be successful. It's been my dream to be in *Nuts* for ages. It's so much fun!

Which Nuts babe do you most admire? I love Lucy Pinder, she's

so beautiful. She keeps herself to herself and doesn't go out of her way to be famous. She's a real curvy woman, not a beanpole. And her boobs are amazing!

What are your best assets? My long legs and bright blue eyes!

Not your 32G boobs? Them as well! Some photographers say it's all about the eyes and the boobs. Well, I've got both!

What's most important in a fella – looks or a sense of humour?

He has to be a bit good looking for you to be attracted to him. But the more you get to know him, the personality makes you fall for him. A bit of both, really!

How can men make themselves more attractive? Just have a bit of confidence. No girl I know likes to make the first move. So make yourself look confident. It makes a girl feel good about herself.

How would you seduce a man in a club? I'd walk past him a couple of times, then I'd stand next to him at the bar so he notices me.

How can a man please you in the bedroom? By being in control. I like a guy to make the first move

in the bedroom, it's not good for the girl to always have to do it.

Where are we likely to see you again? Wherever you like! If the readers want more Sammy Jo, I'll do another *Nuts* shoot any time!

More Sammy Jo?

Want to see more of Sammy Jo in *Nuts*? Email us at: topmodel@ipcmedia.com



**"I like guys
to make the
first move!"**

YOUR LETTER

Stupid signs, flags abroad and... er... lads in *Nuts* vests!

Send your letters to nutsletters



We're really flagging!

Dear Nuts,

These are the lads from 1 Lancs BG in Afghanistan showing our support for England in these difficult times.

LCpl Gaz Coyne, 1 Lancs BG

And we'd like to show our support for you, Gaz, by showering you with some free goodies. Enjoy, chaps!

The vesta man can get!

Dear Nuts,

I'm Sgt Duane Sharp AAC (near left) and with me is Cpl Gav Nichols. Please give a big shout out to everyone in CF Sangin from the TACP – and some T-shirts wouldn't go amiss!

Sgt Duane Sharp, Sangin, Afghanistan

No problem, Duane. We noticed that yours seem to have shrunk!

LETTER
OF THE
WEEK!



STEALTH BUMMING CORNER!



"I got stealth-bummed by this mannequin. Strangely, it looks like I enjoyed it!" *Owen Jobburn, Stoke-on-Trent*

Well, they're not lying

Dear Nuts,

I was at this year's Champions League final in Madrid and we came across an outdoor market in the city centre. It was closed though, which is a shame, because we'd love to know what this stall was selling.

Ben Phillips, Shropshire

Maybe the store owner is called Fanny – and she has very low self-esteem?

FANNY IS FANNY

Sex education classes were getting a bit basic



The leaning tower of boozier!

Dear Nuts,

We know you don't do the "pint balance" thing any more but we reckon you'll be impressed by this effort we came up with anyway.

Anon, via email

We're surprised that after that number of shots, you could even operate a camera!



ONLY IN
Nuts!

RS!

@ipcmedia.com or to the address on p68

"Sour grape
flavour? Yuck!"



AU revoir

Ha-ha-ha-ha-ha-ha etc...

Dear Nuts,
We decided to pay tribute to the French football team with this message made from French Fries!

Steve & Karen, Leicester

Not just hilarious, but also rather tasty too! Très bien, monsieur!



The bus arrived
to pick up the
French World
Cup team

It wasn't us, honest

Dear Nuts,
Judging by that
numberplate,
they look like
the right people
for the job.

Liam, via email

And embarrassingly, they can't
spell – it should say "whose
hat?" Oh, wait, now we get it!

See more funny stuff at
www.nuts.co.uk/spambank

*EDITORS DECISION IS FINAL. TERMS AND CONDITIONS ON PAGE 68 APPLY

Nuts SPAMBANK!

All the best online hilarity!



"Beckham?
No, Peckham!"



"And Green kept
a clean sheet!"

North Korean media
accused of making up
improbable stories

itv 1 | hd

Miss the full 90 mins of
the next England match



"Theo Walcott
already has it!"

Win £100 to spend at PLAY.COM

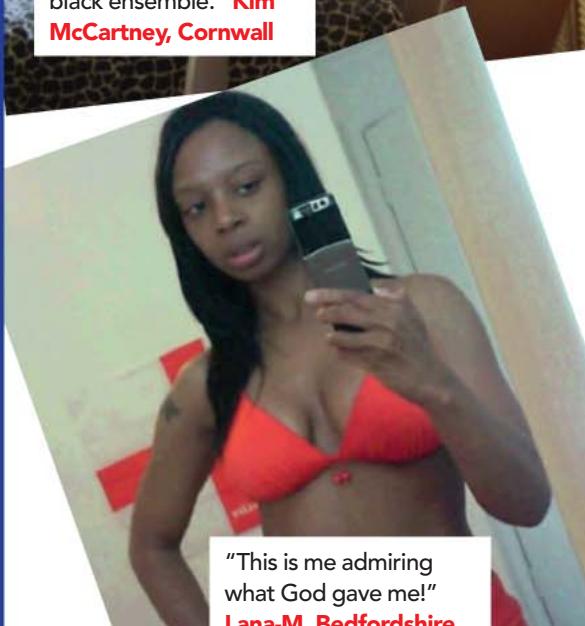
Send your letters and hilarious spam pictures to nutsletters@ipcmedia.com or to the address on page 68. The sender of the week's best letter* will win £100 of vouchers to spend at play.com, the UK's favourite online entertainment retailer, with big savings and free delivery on everything. Visit www.play.com for great deals on DVDs, games, books, CDs, digital downloads, mobiles, electronics and more!

CAMERA PHONE CUTIES!

Sexy snap-happy babes



"Me in a little pink and
black ensemble." **Kim
McCartney, Cornwall**



"This is me admiring
what God gave me!"
Lana-M, Bedfordshire



"I just couldn't resist
being a little cheeky!"
Tasha, via email

Send us your pics!

Text 'Nuts' and your sexy camera-phone pic to **0771 388 8008**

YOUR JOKES

Bursting with all the best gags, every week!

Send your jokes to nutsjokes@ipcmedia.com

SHORT JOKES!

Q: What do you call an Irishman in the first round of the World Cup?
A: The referee

Yaz, via email

I went on my computer and looked at some pictures of baby scampi. The police came knocking and accused me of downloading child prawn

Jason David, London



I hated my job as an origami teacher. There was too much paperwork

Chas Wilkes, Kirkby

Q: How can you tell if a bagpipe is out of tune?
A: Someone's blowing into it

Dougie, Blackburn

Fabio could do nothing to stop the zombie



Fab stuff

"Heskey," says Fabio Capello, angrily after a disastrous match, "your game was terrible. You're a disgrace to the team and shouldn't be anywhere near England's first 11."

"Don't pay any attention to him, Emile," says John Terry, encouragingly. "He doesn't know what he's talking about. He just repeats what everybody else says."

Jim Jameson, Crawley

Look out

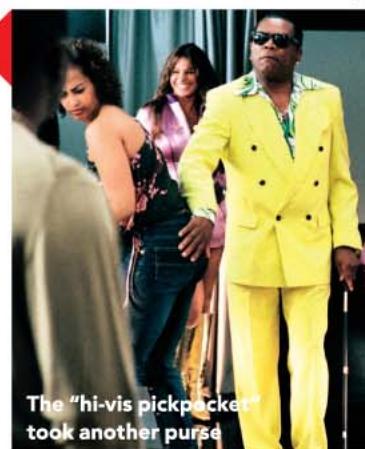
A blind man walks into a store with his guide dog.

All of a sudden, he picks up the leash and begins swinging the dog over his head.

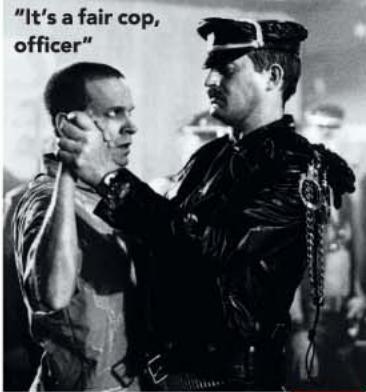
The exasperated manager runs up to the man and asks, "What are you doing?"

The blind man replies, "Just looking around."

Keith Hollis, Tamworth



"It's a fair cop, officer"



Birthday bump

Four old friends reunite at a party. After some drinks, one of the men nips off to the loo, while the others discuss their kids.

The first bloke says, "My son is the president of his company. He's so rich, he bought his best friend a Merc for his birthday."

The second bloke says, "My son was a pilot.

Eventually, he got into business, and now he's so rich that he gave his best friend a brand new Learjet for his birthday."

The third man says, "My son started his own construction company a few years back. He's so loaded, he gave his best friend a 30,000

Win VIP Superbike tickets!

Send jokes to nutsjokes@ipcmedia.com or the address on page 68. There's nothing better than watching a top sporting event from the best seats, and the very generous Swan Honda Superbike team are giving away a pair of VIP tickets for the British Superbikes at Brands Hatch on 8 August for the sender of the week's best joke!* So get writing now!





media.com or to the address on p68

square foot mansion for his last birthday."

Just then, the fourth bloke comes back from the toilet. One of the men says, "We were just talking about how proud we are of our sons. What does yours do?"

The bloke replies, "He's a stripper at a gay nightclub. He does pretty well, actually. For his last birthday he got a brand new Mercedes, a private jet and a house!"

Les Gibley, Drayton



Comedy by numbers

A group of comedians know each other's jokes so well, they only refer to them by number. At one meeting, a new member arrives to see the comics standing in a circle.

"Seventeen!" says one, and all the other comics crack up laughing.

"Eighty-five!" says another. Again the group fall about laughing.

Wanting to join in, the newcomer says, "25!" but is met with stony silence.

"Why didn't anyone laugh?" he asks.

"Ah, it's not your fault," says a comedian. "It's the way we tell them."

Max Walker, via email

FAMOUS BLOKES' JOKES!

50%
MORE
GAGS!



DYLAN MORAN:

"Men are much more romantic than women. Men are the ones who'll say, 'I've found somebody. She's amazing. If I don't get to be with this person, I can't carry on. If I'm not with her I'll end up in a bedsit, I'll be an alcoholic.' And that's how women feel about shoes."

EDDIE IZZARD:

"I appreciate the audience's applause, but I don't do it for applause. I do it for cash, it's much better"



DARA O'BRIAIN:

"I don't understand the appendix. Why would God put it in you when it does nothing but randomly kill you for no reason?"

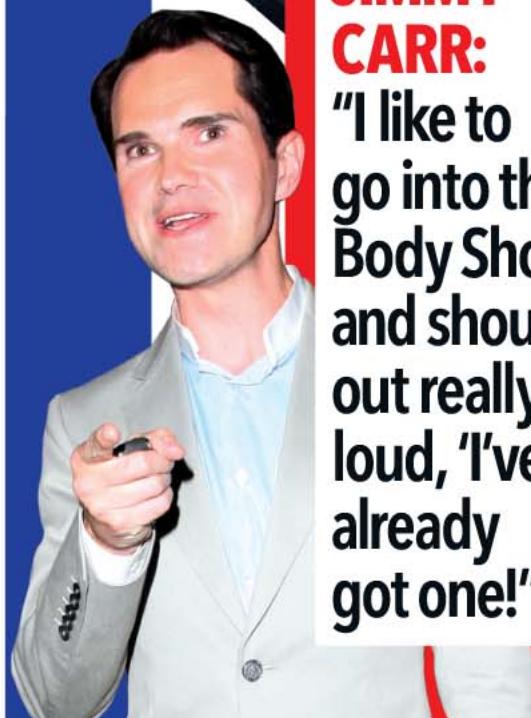


JACK DEE:

"The film industry is like Anne Robinson: always on the lookout for a new face"

JEREMY CLARKSON:

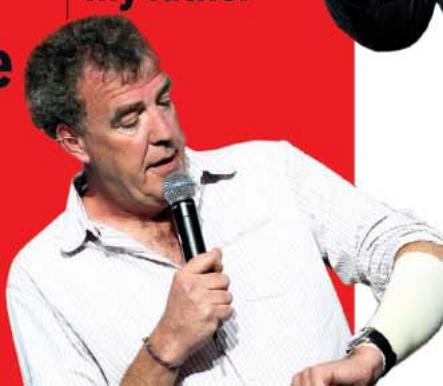
"There are many rules for the elderly in the highway code."



JIMMY CARR:

"I like to go into the Body Shop and shout out really loud, 'I've already got one!'"

I have one too: get a bloody move on"



PETER KAY:

"My mum was a ventriloquist and she was always throwing her voice. For ten years I thought the dog was telling me to kill my father"



POP OUT IN PUBLIC!

ONLY IN
Nuts!

Have a cheeky flash – and earn some cash!



IN THE PARK!

CHARLOTTE 21, from Richmond

"I whipped up my top on the way to the pub to watch the football!"



NATURE WALK!

SAIR 20, from York

"I don't think I could be much more naked than this!"



MICHELLE 19, from Colchester

"I popped them out with a whole crowd nearby!"



SIAN 20, from Devon

"I decided to give my upper region some air in the underpass!"

THE TRUTH ABOUT SEX WITH... LEAH FRANCIS!

Nuts girls solve your bedroom bother!

Email questions to thetruth_sex@ipcmedia.com



IN OUR OFFICE!

Should I let her play the field?

My girlfriend's sex-mad. At first, it was great, but I can't keep up any more and I'm worried she'll cheat. So I'm thinking of letting her stray a bit. Is this weird?

Freddie, Brighton

I have a cunning solution. Why not get involved in a threesome? That way, your woman's happy, while you don't have to do all the hard work! And if you're there, it's not really cheating!

Nuts BABES' SEX TIPS!

NEW TO Nuts!

No.20: "A way to a girl's heart is a nice massage with lovely oils. Warm her up slowly and it'll definitely be worth your while!"

Lindsey Strutt



Why won't she let me go down?

How can I convince my girlfriend to let me "go downstairs" for her? She says she's too self-conscious and I just don't get it.

Ian, Southampton

Tell her you want to return the favour because she gives such great blow jobs! Or how about being sneaky and buying her some edible underwear? Then one thing leads to another!

Why does she need outfits?

I've started seeing this lass and she practically has a wardrobe full of sexy fancy-dress outfits. Frankly, I think she may be a bit loose. Am I right to be worried?

Mark, Edinburgh

No, you're a lucky boy! Lots of blokes would give anything to be in your situation so why not get involved yourself with a bit of role play? Dressing up can be loads of saucy fun, trust me!

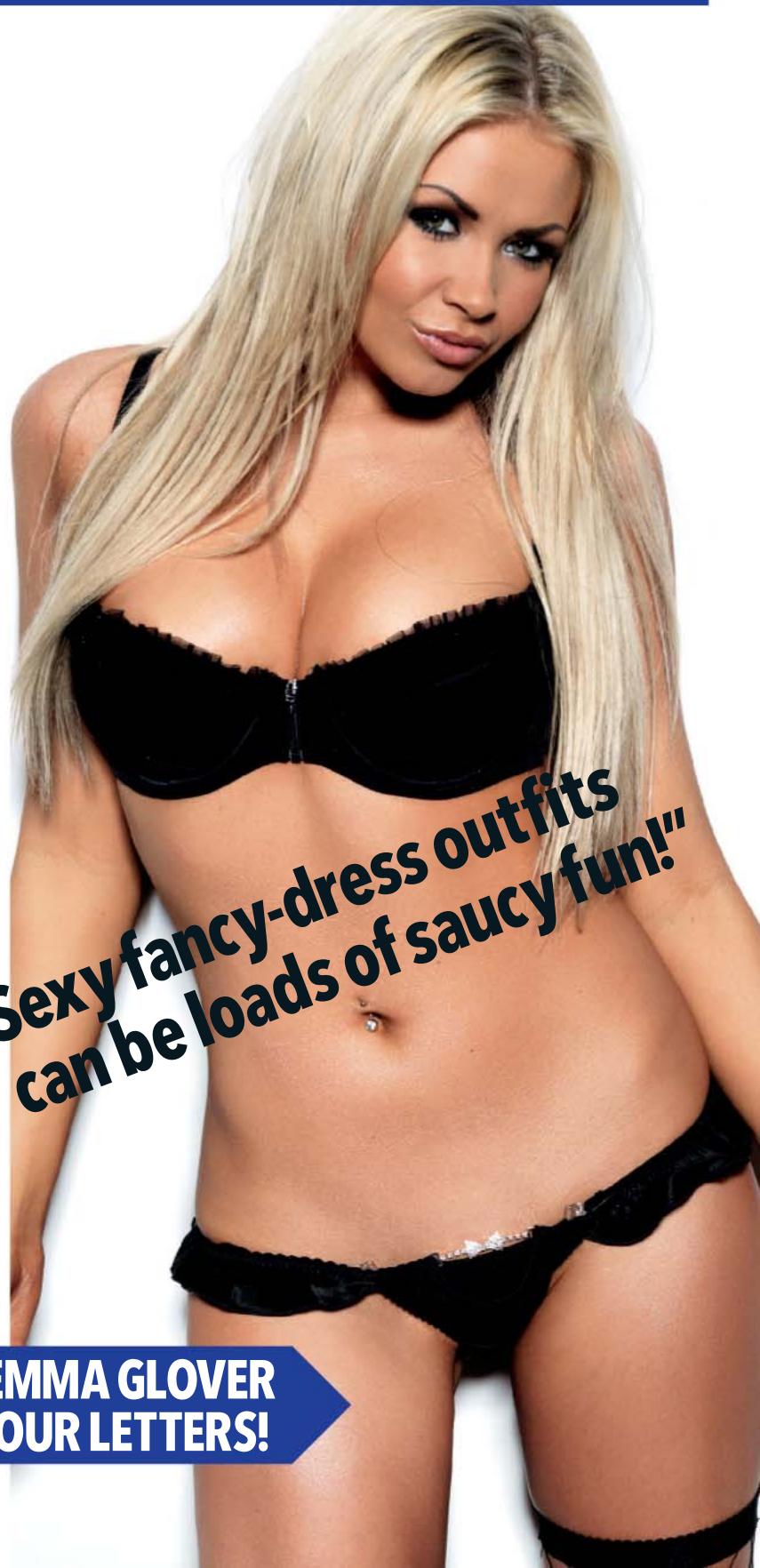
Should I shave?

My girlfriend hates me having pubic hair because she says it makes oral sex unpleasant, but I'm going to look like an idiot if I shave it all off!

Tim, Norwich

It's fair enough if your girlfriend doesn't want a mouthful of hair when she's going down on you. I say shave it off. And remember, being tidy down there makes your manhood look bigger. And that can't be a bad thing!

"Sexy fancy-dress outfits can be loads of saucy fun!"



NEXT TIME: EMMA GLOVER ANSWERS YOUR LETTERS!

CAMERA PHONE COMEDY!

Seen something daft? Snap it, send it in and win £100!

ONLY IN
Nuts!

Win £100!



Text 'Nuts' and your picture to
0771 388 8008 (texts are free
but standard network charges
apply*). Pic Of The Week wins
£100 cash!** T&Cs on page 68.



SICK SEAFOOD!

"The lobsters around my way are a proper hard bunch!" **Anon, via text**



RUDE SIGN!

"I know it's childish but it had to be done.
Admit it, you laughed!" **Anon, via text**



MMM, TASTY!

"We were put off these bangers by the secret ingredient!" **James, Skegness**



"This is my bro and best mate. They reckon the sign's about them." **Anon, via text**



DODGY DRIVERS!

"We saw this in France. It summed up how they were driving." **Tom, Crawley**



"Look at this cocky little wine gum I came across the other day!" **Ginge, Plymouth**

SCREWED FOOD CORNER!

CHILLING OUT!



"Ever wondered how 'nanas relax?
Now you know!" **Matt, via text**

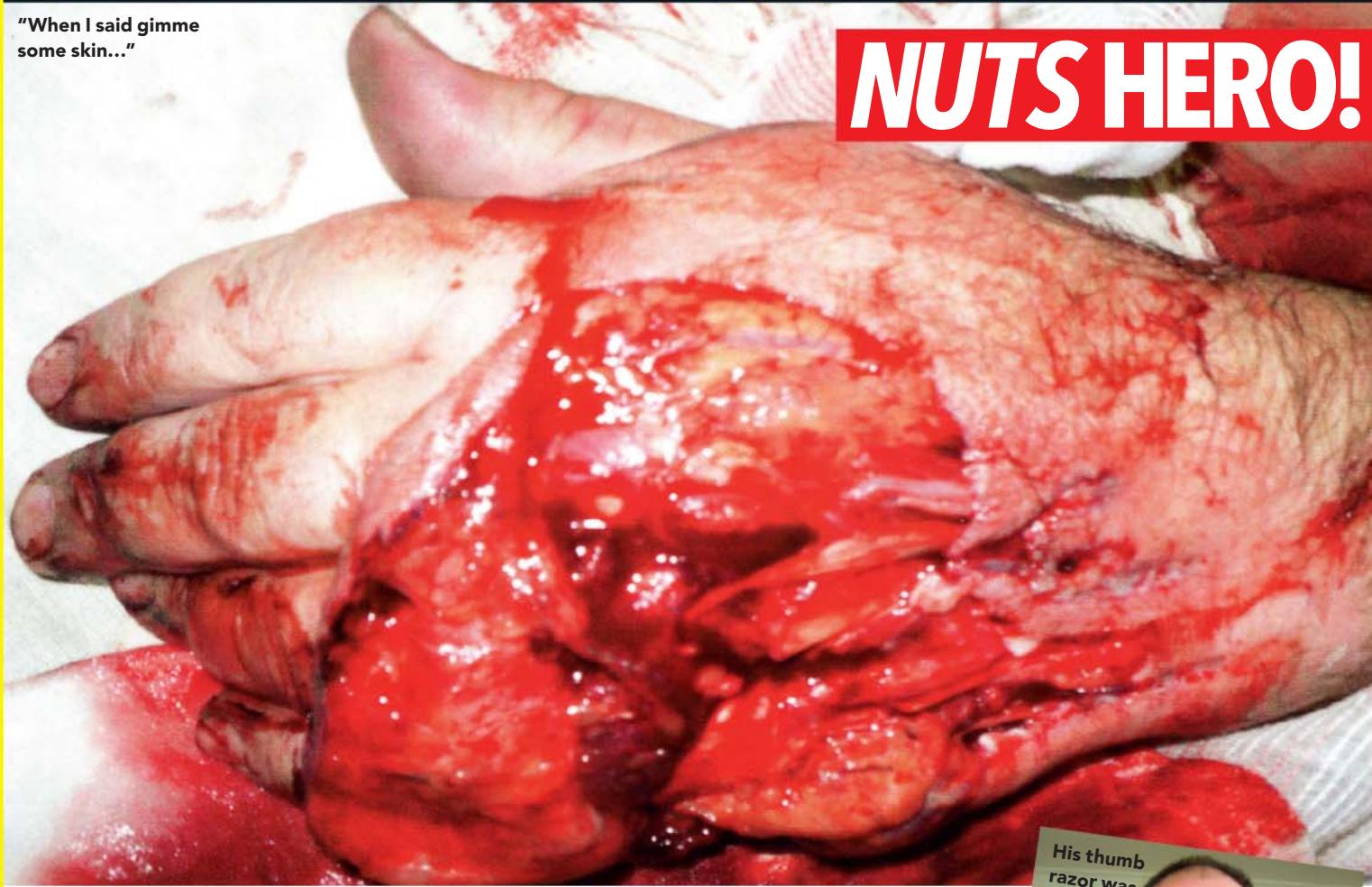
DON'T LOOK!

Pictures for the stronger stomach!

Send your injuries to dontlook@ipcmedia.com

"When I said gimme
some skin..."

NUTS HERO!



'My hand was skinned!'

Plucky Nuts
printer's mitt
gets mangled

Richard Freeman is one of the unsung Nuts heroes who helps put the actual pages of the mag together in a big factory. And he really took one for the team when a printing press ravaged his hand!

"I work in the bindery, where we stitch and staple magazines

that come through," Richard, from Essex, tells Nuts. "I was clearing some waste off the big drum that mags come through on, when my hand caught on some rollers and got dragged in.

"Luckily, my friends stopped the machine and I pulled my hand out. It looked like I'd been

skinned! There was loads of blood, and it hurt like hell.

"I was wide awake during the five-hour operation to repair it, which was quite a weird experience. I had a skin graft to replace all I'd lost, and I'm even back at work. I just hope I didn't ruin any copies of Nuts!"



ON THE MEND!

Win £1,000!



Think you can do better? Here's your chance. The best "Don't Look!" picture published in 2010 will win £1,000 in cash!* Submit your images and contact details to dontlook@ipcmedia.com

WORDS: RICH JENKINS * EDITOR'S DECISION IS FINAL. TERMS AND CONDITIONS ON PAGE 68 APPLY



EMMA!

Stockings on! Bra off! Yes please!

Hi Emma! What have you been up to lately? I've just got a new car! It's a sexy Mini convertible and I love it. I can go anywhere! **We know what you're like – how long do you think it'll be before you crash it?** Not long, I reckon! Ha-ha! I've got to drive back to Stoke soon, so I'll have plenty of opportunity for a prang!

Is a Mini not a bit small for some back-seat shenanigans? I didn't think about that when I bought it. But there's more space in a Mini than you'd think, so who knows?

Are you still single? I am! To be honest, I'm enjoying my own company and having a laugh with my girlfriends. My new drinking pal is Lindsey Strutt. She's my partner in crime now.

What's the most embarrassing thing you've done recently? I was walking my dog the other day and he saw a pigeon and ran after it. I let go of the lead but my

feet went from underneath me and I just slipped and landed on my bum! I was covered in mud and had to walk home looking like I'd come out of a swamp!

Did anybody see you? Yes, everybody saw me. All the cars driving past, people in shops were laughing their head off – nobody thought to help, ha-ha!

Is there anything we don't know about you? I used to do ballet dancing and tap, and I was going to go to dance college but I pulled my hamstring and had to take time out. I'm thinking about doing a master's degree next year or the year after, though!

Which girls should we keep an eye out for? Em Diamond.

I think she's really hot! I love her long blonde hair, and she has such a pretty face and a good body. She reminds me of Leah. I wish I was blonde, I'm thinking of changing my hair colour, but I don't think it would suit me! ➤



What are the "dos and don'ts" of dating Emma Train? We'd have to do something fun in the early stages. When you're in a relaxed environment, your true personality comes out. I'd love to go ice skating on a first date. It wouldn't be embarrassing if we fell over, because I think if you can laugh at each other, you feel relaxed together.

What did you do last night? I'd been in Birmingham, but when I got home, I bent down to pick up my bag and realised I'd left it at the service station! I had to drive the whole way back but forgot what service station it was, so had to check them all. It's the second time I've left my bag somewhere in the last week!

If you were going on a night out, which other *Nuts* models would be there? Leah Francis because she's crazy and unpredictable! Then Rosie Jones because she's stunning. Maybe Em can come too, so we can get her in with the all the other *Nuts* models!

Where would you rather go – Alton Towers, the zoo or a museum? Alton Towers! It's not far from where I live. I'm a bit scared of rides but once I go on one I feel like I've achieved something. I'm really hyperactive and excited normally, but in the queue beforehand, I'm so scared I scream like mad! ➔

INTERVIEW: RICH JENKINS PHOTOS: GORDON MCQUEEN CLOTHES: THANKS TO PRIMARK

Crouchy's ankle socks looked surprisingly good



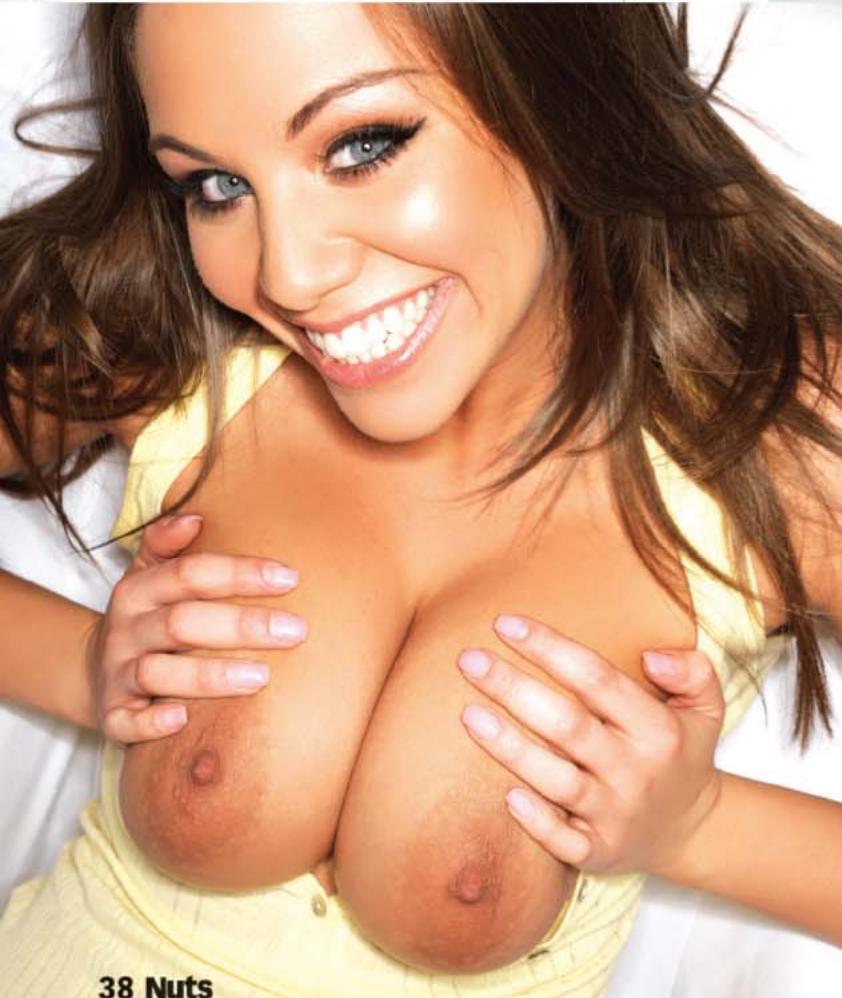
She hated wearing the
photographer's pants

EMMA FRAIN

"I LOVE EM
BIMMIND-
SHE'S HOT!"

EMMA FRAIN

Emma got strangely turned on watching Soccer Saturday



Have you ever done anything rude at a theme park? No, because most of the time I'm just getting off of a ride and feeling sick, so I'm not in the mood!

Have you ever broken the law? I've maybe gone over the speed limit a little, but I'm a good girl, I don't break the law!

Do you play video games? I try, but I get really bored of them. I played on *Fight Night Round 4*, but I kept getting beat! I try so hard though that I get really bad thumb ache and have to stop – I'm not exactly hardcore!

What sort of music do you like? I really like R'n'B and hip-hop, Motown and all the classic oldies. I wouldn't say I like going to gigs that much but I do like big concerts. I went to see Beyoncé recently and she was amazing!

What's your favourite song to dance to in a club? Beyoncé's *Single Ladies*. Whenever I hear it, I run to the dancefloor with my friends and we shake our booties!

What's your favourite song to do the rude deed to? That would have to be *Let's Get It On* by Marvin Gaye! I've never actually done it to that song but I'd love to, just to see whether it enhances the mood at all!

Thanks, Emma! Summer's finally here – how are you celebrating? By driving around in my car with the roof down, wearing as little as possible! It's the only way! ■



**"I SHAKE MY
BUTTY TO
BEYONCE!"**

The flasher had made one basic but crucial error

CAMP COMIC!



The toothy comic on Becks, Pamela Anderson and his camp new telly show!

Hi Alan! Your show, *Chatty Man*, is moving to Sunday evenings. Does that mean you'll have to have your Sunday roast dinner at lunchtime now? I'll probably just pop it in the microwave and have it when I get back.

What, a microwave roast dinner for one? I get the parsnips, Brussels sprouts and roast potatoes and bake them individually. It's less sad! Piercing the film and waiting for the ping is the worst sound you can hear when you're on your own on a Sunday.

We hear you're trying to get David Beckham on the show. Ali G once asked him if Posh Spice took it up the... well, you can work it out. You'd never do that, would you? I would never ask David Beckham that sort of question! I'd show him! Ha-ha! If he turned up on *Chatty Man*, I'd just do whatever he wanted. I'd be his b*tch! I'd just be so pleased he was on my show.

Did you do a double take when that chap impersonated you on *Britain's Got Talent*?

I was in the garden because it was sunny. Suddenly, I got a hundred tweets going, "Put *Britain's Got Talent* on, there's a man who's just like you!"

I rewound the Sky+ and I was very flattered. He did a generic gay stereotype and I went, "Oh my God, he's just like me!"

If you were on *Britain's Got Talent*, what would your talent be?

I've got a red setter called Bev so I'd probably go on with her. But she's so unruly, I'd probably just do a dance with a top hat and cane while she went though a bin!

Justin Lee Collins says he doesn't watch your show

because he hates seeing you on telly without him... When I read the headline, "I can't stand to watch Alan Carr," I was like, "Ooh, you b*stard!" But I continued reading down and I was like, "Actually, that's really sweet. Aah."

Did Pamela Anderson really think you and Justin Lee Collins were an item when she presented *The Friday Night Project*?

Yes! She said, "I'm going to get Alan and Justin a present for their apartment." I could have had custody at the weekend. Justin could take it to Bristol during the week. I don't know why she thought Justin was gay. He was salivating over her breasts the entire time!



When you and JLC share a bed, does his beard get in your teeth? You know he wears a hairnet? He wears a beard-net, too. Although he has woken up with my c*ck in his mouth. Ha-ha!

Erm, OK. If you and Justin were a couple, who'd be the man and who'd be the lady? I'd be the man and he'd be the lady. There's not many men who can carry off a backless number but he's one of them.

"If JLC and me married, I'd be the man, he'd be the lady!"

Before you were famous, you were a toilet attendant. Any memorable floaters? Hold your horses! The man said, "Do you want to be facilities manager?" I said, "Yes." I'd never been a manager. Then a woman complained about the state of the toilets. I thought, "It's not my department." She went, "Who's the facilities manager, then?" I went, "f**k, that's me!" There was this phantom sh*tter, too! Someone kept sh*tting in the corridors and I had to clean it up.

Sounds like a fulfilling job. Are you sure it wasn't actually you leaving a "dirty protest"? To throw people off the scent? Ha-ha! Oh my God, you are good. I admit it, it was me!

How did you land the official job of the Tooth Fairy?

I started as a fairy and worked my way up to teeth. I got through to boot camp and Dannii Minogue was my mentor. I won *Tooth Fairy Idol* and I haven't looked back.

When you were growing up with your brother Jimmy Carr, who beat up whom? He's a WWE fan so he'd always do the clothes line, the body slam and the nipple twist. I had my teeth to fight back. During one body slam, he lost an eye. His right eye is made of glass.

Do you ever get asked to advertise weird stuff? A pizza company asked me to change my name to Alan Carbonara for a month! They said they'd

fill in all the paperwork – all I'd have to do would be to sign.

Jimmy White got paid £1m to change his name to Jimmy Brown! A million quid? Wait there! I've got to call Domino's pizza back now!

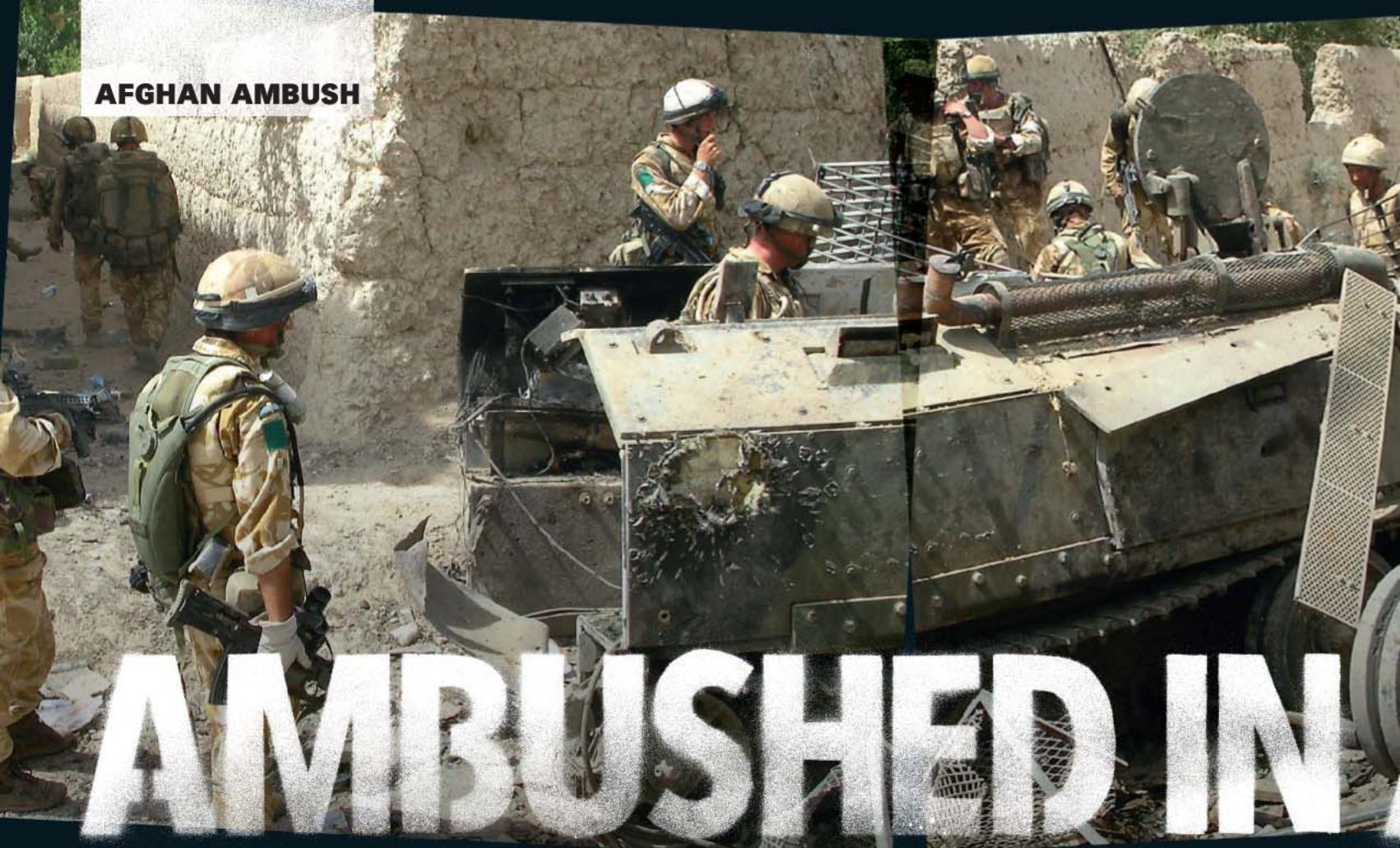
Thanks, Alan! Finally, when did someone last shout "Should have gone to Specsavers" at you? No one has ever shouted that. They usually shout, "Bender" at me! It's not nearly as helpful and a little bit more offensive! ■

Chatty Man is on Channel 4 on Sundays at 10pm

See Alan Carr in action at www.nuts.co.uk/spambank



AFGHAN AMBUSH



AMBUSHED IN

Sent out to save a beleaguered force of paratroopers, Mick Flynn and his

As the first rocket-propelled grenade [RPG] hit Squadron Corporal-Major Mick Flynn's vehicle, he realised he and his team had driven into a deadly Taliban ambush.

"All hell broke loose," Mick tells *Nuts*. "The impact from the first RPG caused me to black out and when I came to, the first thing I did was check my legs. Dust and debris were everywhere, it was pitch black and the automatic fire sounded like raindrops hitting the vehicle. I was stunned for a moment, then I smacked the radio and shouted into it, 'Contact, ambush, wait out!'"

With their Scimitar armoured vehicle stalling under a hail of rockets and

AK-47 fire, Mick, his driver and his gunner were staring death in the face...

DEADLY MISSION

August 2006 in Afghanistan's deadly Helmand Province, and a platoon of pathfinders (paratroopers who operate deep in enemy territory) had found themselves under siege from Taliban fighters. Running short on food, water, and under constant fire, it was Britain's most-decorated soldier Mick Flynn and his team who were tasked with reinforcing the pathfinders to stop them being overrun.

Mick and his unit began to advance in a small convoy of Scimitar and Spartan armoured vehicles on Musa Qa'lah, where the 120-strong unit was stranded, but a small village stood in their way.

"We could have driven well out of our way to avoid the village," recalls Mick, "but our orders were to be as quick as possible. We approached the village cautiously. It was quiet. Too quiet. As we got nearer,

I decided three vehicles should go in first to check it out."

The vehicles began picking their way down a narrow lane with walls either side.

"It seemed like the safest route," Mick explains, "but we couldn't quite see to the end."

AMBUSH

They'd barely crossed the first ditch when the Taliban forces suddenly sprang out of nowhere, pouring down RPG fire, rocking Mick's Scimitar.

"We pushed on, but just as we got past the kink in the road and were down the home straight, a 12mm DShK machine gun started firing from in front of us, ripping chunks off our truck."

With their vehicles torn apart by machine gun fire and the Scimitar's firing system partially disabled, Mick came up with a plan.

"The Scimitar's machine gun was stuck in its bracket and couldn't be moved, so I told Leachy, the driver, to move the entire vehicle until I had the machine gun nest

in the crosshairs. We smashed bullets into the two machine gunners, broke through to the other side of the ambush and gave ourselves a chance."

UNDER ATTACK

Suddenly, the RPG fire started again. "A rocket came flying right over our vehicle, too close to call. I can still hear it to this day," says Mick. "AK-47 fire was still happening at this stage and when we came to a T-junction, we couldn't move left or right in case we ran into mines. I took the decision to head back into the ambush."

Ordering their vehicle to about face, Mick and his team prepared for their second run at the ambush. Facing down AK-47 bullets, and without a working machine gun, Mick and his gunner, Minty, leaned out of their hatches to lay down fire with their rifles.

"The Spartan that had been directly behind us was now in front of us, blocking the road," Mick recalls, "and it was covered in flames. As we got closer, another RPG struck our

Flynn is the most-decorated frontline soldier in the British Army

CPL MICK FLYNN





AFGHANISTAN!

men soon found they were the ones in terrible danger...

right-hand side and we knew we had to act. We had to speed up and drive into a ditch by the Spartan, hoping to come up safely on the other side.

"Unfortunately, our vehicle got stuck. We were now down in a ditch next to a burning vehicle, and the enemy started engaging us with AK-47 fire. I thought, 'We're going to die if we stay,' so I decided we had to fight our way out on foot."

Taking turns to lay down fire while the others jumped out of the vehicle, Mick, Minty and driver Leachy made their way along the ditch as bullets flew by. However, Mick still had to account for the rest of the crew inside the Spartan.

DARING RESCUE

As the dust and bullets flew around him, Mick surveyed what was left of the Spartan crew. Body parts were lying all around, but there was one survivor – Lt Martin Compton.

"He had no eyelids, no hair, and his body was completely burnt to a frazzle except his boots and pants," Mick recalls.

"I thought he was dead, until he started screaming."

While Minty and Leachy laid down covering fire, Mick and his troop leader decided what to do with Lt Compton.

"We put him on the back of a soldier and provided covering fire as we moved towards friendly vehicles. We managed to extract him to safety and called a helicopter in to get him out of there."

FINISHING THE JOB

"Three days later, the mission was completed. As well as the men of 3 Para, a lot of assets were used to go in and rescue the pathfinders. When we went back, there were more than 40 Taliban in that area. I received the Military Cross for that mission. Being the most-decorated soldier in the Army is something I'm proud of but someone will break that record and they'll probably be more deserving." ■

Mick Flynn's Bullet Magnet, published by Weidenfeld & Nicolson, is out now

Mick's maddest missions

WINNING MORE MEDALS THAN ANYONE ELSE ISN'T EASY. HERE, MICK PICKS OUT SOME OF HIS HAIRIEST SITUATIONS

NORTHERN IRELAND

"Northern Ireland was as bad as Afghanistan is now. I remember being ambushed by the IRA. I was meant to drive an open-topped Land Rover but someone else wanted to drive, so I was in the back of an armoured vehicle. The driver was shot three times and killed, but myself and a guy called Steve Ripton managed to engage the enemy before they could escape the scene."

THE FALKLANDS

"We had to make a diversion attack on the Argentines – that is, make them think we were coming from one direction but actually come in from another. Problem is, our diversion attack was so successful, we actually broke the Argentine lines!"

Flynn on patrol in Bosnia

BOSNIA



BOSNIA

"A man came running up to tell us this woman had thrown herself into a freezing river, so I jumped in to pull her out. I later found out she'd been trying to kill herself by drinking a bottle of white spirit and drowning. She'd lost her husband and cousins in the war. That's the way things were going!"

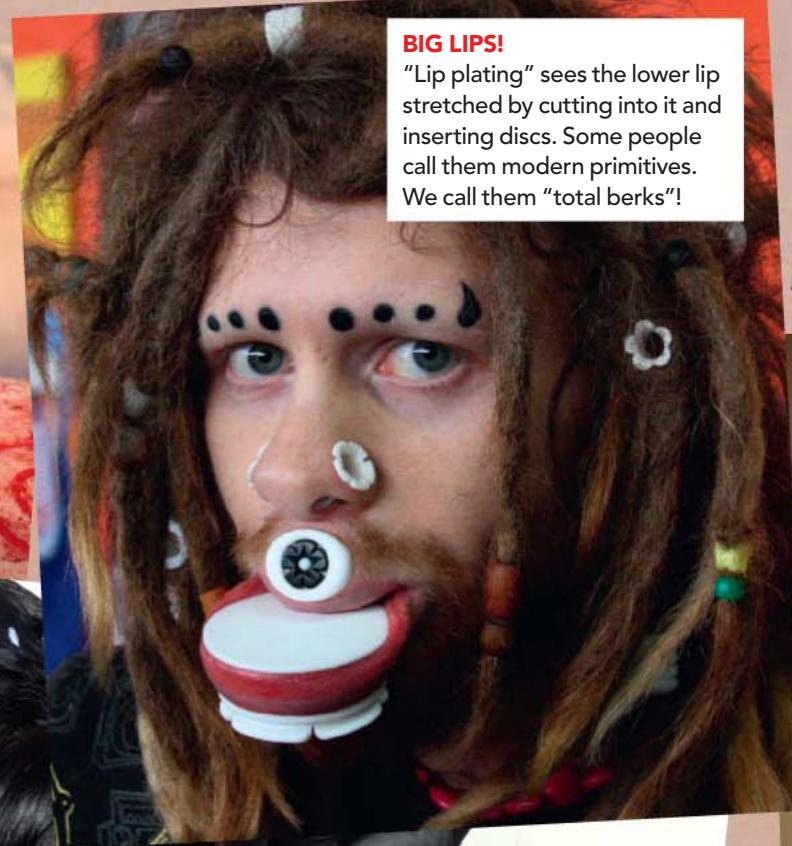
WHAT WERE YOU THINKING!

If you thought Naff Tats was bad, wait until you get a load of this lot!



RAISED SCARS!

Basically, patterns are carved onto the body to cause raised scarring. Enthusiasts claim it's no more painful than tattoos – we'll stick to press-on transfers!



BIG LIPS!

"Lip plating" sees the lower lip stretched by cutting into it and inserting discs. Some people call them modern primitives. We call them "total berks"!

PERMANENT BRANDING!

This is the act of pressing a hot metal shape onto bare flesh to burn it permanently. Once finished, skin takes six months to heal. *Probably not worth it!*



SEWED SHUT!

Enthusiasts – if that's the right word – claim having their eyes and mouths sewed shut helps conquer fear and pain. We say why not just have a beer?

ALL TIED UP!

BODY MODIFICATIONS!

SPLIT TONGUE!

You've probably figured it out, but this involves having your tongue cut down the middle from the tip, so it forks like a lizard's tongue. As you do!

HORN IMPLANTS!

Want to look like a little devil? Well, here's how – have Teflon implants inserted under your skin, so it looks like you have horns. For no apparent reason!

HORNY FELLA!

PUMPED-UP FOREHEAD!

A pretty basic process here, as body parts are blown up with saline solution. One of the most popular areas for inflation is... er... the scrotum. Eww!

TATTOOED EYEBALLS!

Here, a tattooist holds your eye open and injects pigment into the eyeball. Apparently, it's all safe. It's still sticking a needle in your ruddy eye, though!

ILLUMINATING INK!

ULTRA-VIOLET TATTOOS!

This is basically a cool tat done in special ink that shows up under UV light. We're off to get "Get your coat, luv, you've pulled!" on our foreheads. ■





Nuts EXCLUSIVE!

It's BB's Rachael!

This year's sexiest housemate, in her first sexy shoot!

We like a gorgeous woman. And if that gorgeous woman happens to look exactly like another gorgeous woman, well, that's just brilliant! Bizarrely evicted first from *Big Brother 11*, Nottingham beauty Rachael White, 23, wasted no time in showing the rest of the house what they'll be missing for the next eight weeks... ➤

BB'S RACHAEL

Hi Rachael! How has it been doing your first *Nuts* shoot?

Really good fun! I've never done anything like this, so it's a new experience. I'm so excited, and I couldn't have asked for a better mag! I kept talking about *Nuts* in the house, so I'm so glad.

What did you say about us? On the night John James had a real go at me, I was talking about how I'd like to do a shoot for *Nuts* and I don't think he really liked it.

What an idiot! I think he just had a problem with me. Maybe he's got a problem with good-looking women, I don't know. But he certainly had one with me!

You said John James has put you off men for life – is that true?

I didn't! That was in one of the papers but I never said it. I just haven't found the right man yet!

Were you disappointed to be kicked out first? Of course! I was kind of expecting it and prepared myself for the worst. All the opportunities that have come my way have been absolutely great, though, so I can't complain at all.

If you'd been in the house for a bit longer, what would you have gotten up to? If I was still in the house this week, I'd have given John James a piece of my mind because he was horrible. And there was somebody in the house I quite liked, so I think I'd have gotten closer to that person.

Who was that? Nathan. He's a lad's lad and not like any guy I've been with before, but I did fancy him and I'd have liked to get to know him a bit better.

Do you reckon he might ask you on a date when he gets out? If he wants to go on a date with me! I'd like to see him, but I reckon he'll stay in there for a long time.

What's the best thing about looking like Beyoncé? The best thing is the attention. People love to come up to me and talk to me about looking like Beyoncé, and I can't complain. She's a great person to look like! The weird thing is when people think I've had surgery to look like her, but it's not true. I haven't had a boob job or a nose job or anything!

Do you ever get properly mistaken for her? When I went to see her in concert, I walked in to see her like everybody else and I nearly got mobbed! Kids ➤

"It's not the most functional backpack!"



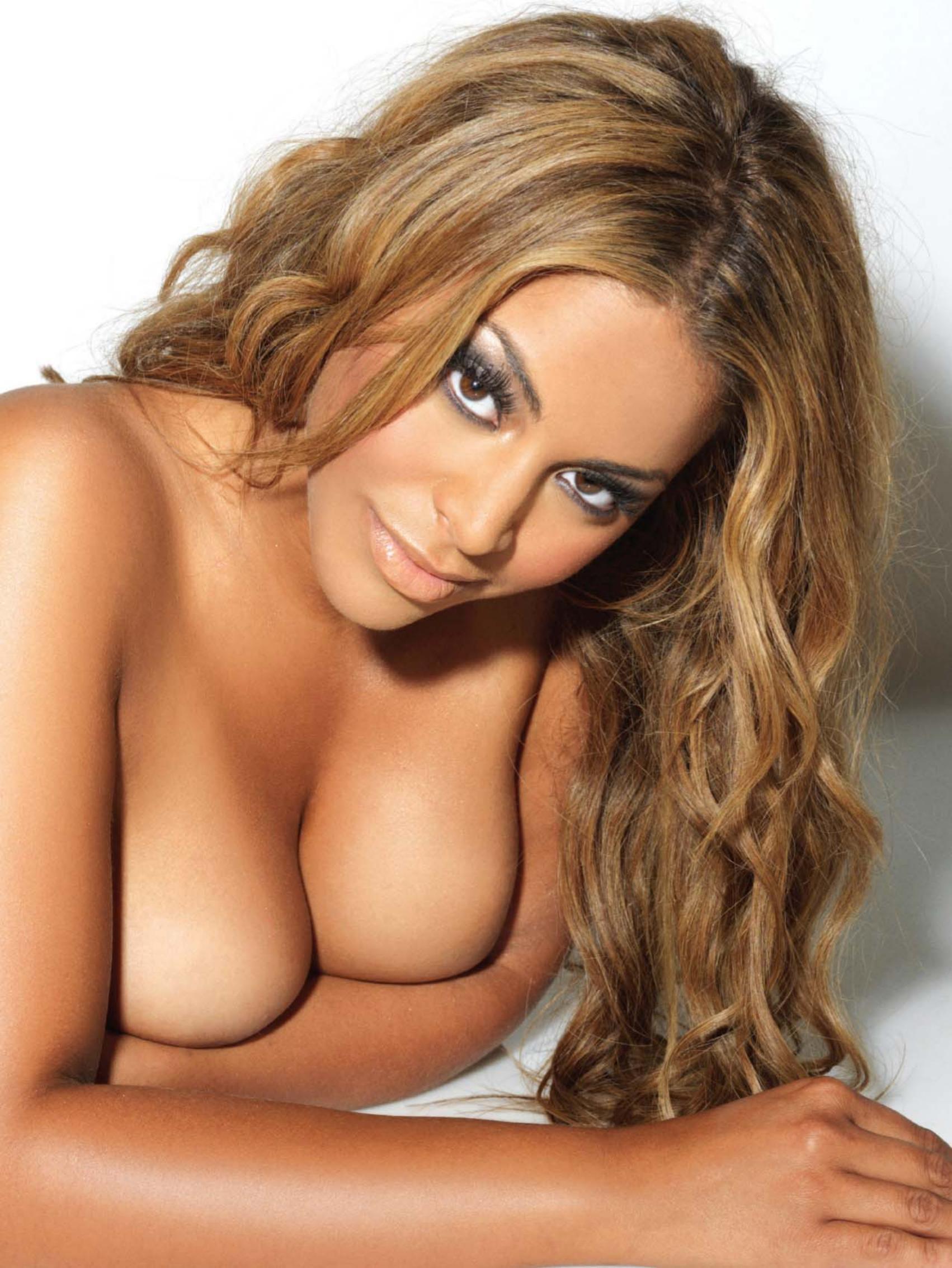


"I like to be surprised on a date!"

The crowd eagerly anticipated the end of the national anthem



Nuts Big Brother's Rachael



BB'S RACHAEL

were running after me and everything! If I walked around with two big men each side of me all day, it'd happen more often!

Have you ever signed an autograph as Beyoncé? I've been asked but I always say no. I won't sign an autograph pretending to be someone else! I'll pose for photos so people can pretend to have met Beyoncé, but I'd never sign anything. That's horrible!

You said in the house you'd got really close to Shabby and you wouldn't be surprised if you ended up with a girl. True? Yeah, I just think people shouldn't have to be straight or gay, you just fall in love with whoever. Me and Shabby got on really well and had a cheeky flirt. In that house, it's so boring, so if someone pays me attention, male or female, I'm going to lap it up. Shabby's wicked, she's so cool and crazy.

If you'd stayed in a bit longer, would anything have happened?

I reckon we might have had a drunken snog or something. But nothing more serious than that.

If we were going to take you out on a date, what would you like us to do? Most girls like to be wined and dined, but I like to be surprised. Don't get me wrong, I don't mean one of those things where I'd get kidnapped! I'd just like to do something a little bit daring. Think outside the box and keep me on my toes.

If you'd stayed in the house until the end, would you have lasted without sexy time? I'd have struggled! It's physical contact with someone, not just sex.

I know for sure that I'd have had a snuggle up with Nathan, just to feel close to someone. But I'd definitely have come out of the house crazy for it after ten weeks. I'm bad enough now!

What's next for you, Rachael?

I'm just going to enjoy this time because nobody knows what the future holds!

Thanks, Rachael! Finally, who's going to win the whole thing?

I think Steve or Josie will win, but I'm backing Nathan all the way.

Do you think he'd split the cash with you? No! Ha-ha! But I want to meet him when he comes out! ■

INTERVIEW: RICH JENKINS. PHOTOGRAPHER: CLARE GROGAN. STYLING: KAREN WILLIAMS. HAIR & MAKE-UP: ROSIE RAPHAEL. LINGERIE: ANN SUMMERS

"I see you're admiring my new nails!"



Catch Big Brother highlights every night on Channel 4



**"Shabbv's cool
– I'd snoa her!"**

After years of kids'
TV work, Barney was
reaping the benefits

THE PAGE THAT NEVER HITS THE TARGET

World Cup's campest walls!

**They're meant
to stop balls,
not enjoy them!**

There are plenty of hardmen playing at this year's World Cup, including some men who we'd run a mile from if they even looked at us slightly funny. But one thing we've

noticed is that as soon as these so-called tough guys of football have to face a free-kick, they turn into great big wet jessies of the highest order! It's like watching an episode of *Queer Eye For The*

Straight Guy but with a few vuvuzelas and a Jabulani thrown in for good measure.

So enjoy our selection of the campest defensive walls we've seen in South Africa – coo-ee!

SWITZERLAND

It's no shock that a country whose army haven't won a war since 1815 look barely brave enough to face a free-kick! Camp Rating: 



YOU PANSIES!



NORTH KOREA

If the Koreans thought Kim Jong-il would be cross at them for losing, just wait 'til he sees this dreadful defensive effort! Camp Rating: 



BIG JESSIES!

ENGLAND

Man up, boys! You've got three lions on your shirt, don't be scared of a ball! And what's that pose about, Frank? Ballet?
Camp Rating:

**CAMEROON**

These lads look like they'd run a mile if they saw a mouse in their kitchen, and they're no better with a football. Eek!
Camp Rating:



BUNCH OF GIRLS!

NEW ZEALAND

Ah, a land where men are men and sheep are scared. Yet kick a ball at them, these rugged types turn into total whoopsies!
Camp Rating:

**PORTUGAL**

To be fair, a country that boasts Cristiano Ronaldo as a fashion icon has bigger camp problems than this shameful effort!
Camp Rating:

**MESUT OZIL** *Germany*

Current club: Werder Bremen
"A midfielder who looks like becoming a real star. He sees a pass, gets forward and nicks the odd goal. I could see easily him at one of the big four."

Likely to move to: Man United

**RAUL MEIRELES** *Portugal*

Current club: FC Porto
"Everyone talks about Ronaldo for Portugal, but Meireles makes their midfield tick. He's a pleasant passer but can put his foot in when he needs to."

Likely to move to: Aston Villa

**WORLD CUP 2010!**

Merse's World Cup

**LUIS SUAREZ** *Uruguay*

Current club: Ajax
"Just 23, this lad has all you'd want from a top striker – great technique, excellent touch and composure. The only issue is he doesn't have electric pace."

Likely to move to: Arsenal

**ASAMOAH GYAN** *Ghana*

Current club: Stade Rennais
"Gyan's a bit rough around the edges, but he's got what it takes to be a star striker. Strong and quick, he can score and looks like he'd run all day."

Likely to move to: Everton



SIMON KJAER Denmark

Current club: Palermo
"Kjaer's a 'proper' defender – he gets stuck in and puts his body on the line. He's only 21, so he'll only get better. Definitely one to watch."

Likely to move to: Arsenal



DAVID SUAZO Honduras

Current club: Genoa
"Honduras have struggled, but Suazo has impressed as their main striker. He makes great runs, moves defenders around and gets in good positions."

Likely to move to: Wolves

Up stars so far!

These lads should be on the Premier League's radar!



JEAN BEAUSEJOUR Chile

Current club: Club America
"Beausejour stands out in the Chile side because he's strong and direct. Chile play like a Premier League side, so he'd grab lots of goals in England."

Likely to move to: Birmingham



MILAN JOVANOVIC Serbia

Current club: Standard Liege
"This midfield dynamo has a pre-contract deal at Anfield, but other teams are keen. With his composure in the area and great passing, I can see why."

Likely to move to: Liverpool

KAMMY!

ONLY IN
Nuts!



He's footy's funniest pundit – and he's only in *Nuts!*

Another top week in South Africa!

It's been another crazy seven days for me in South Africa and amid all the action, I've been hanging out with the thousands of England fans – and some penguins (see below)!

The game against Algeria was an obvious low point. I don't think I've ever seen England play that badly. A total disaster!

The next day, I took a trip to a place called Cape Point and who should I see, but Fabio Capello himself doing a bit of sightseeing! I couldn't believe that he wasn't training with the players and trying to put right the mistakes from the game. Maybe he couldn't face it!

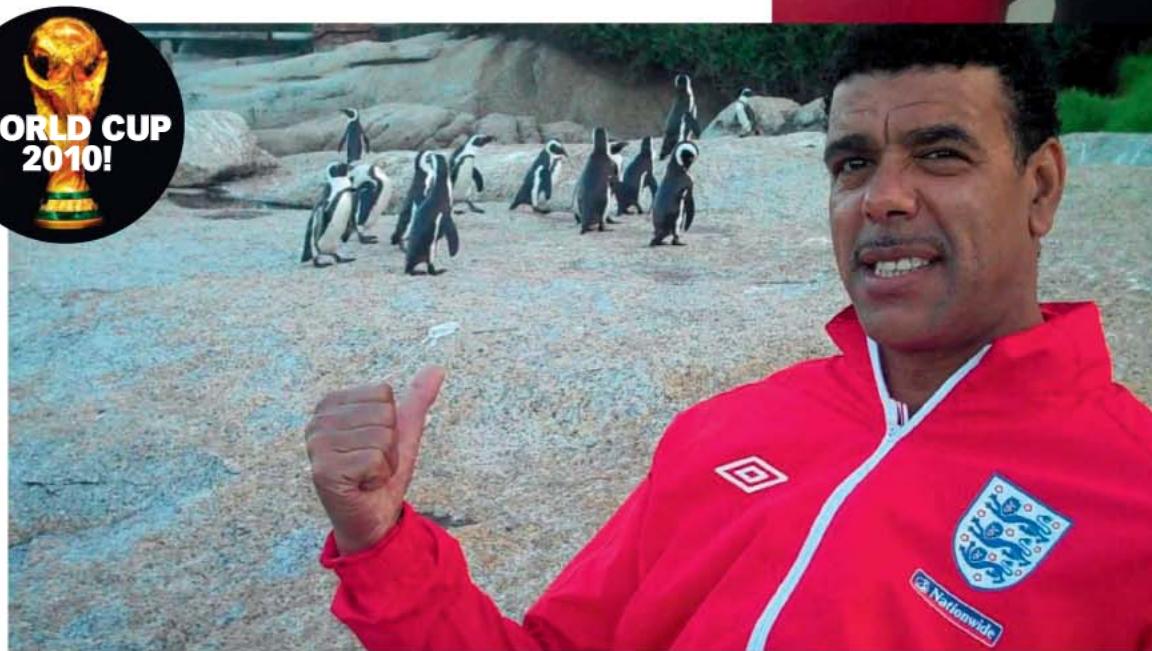
Gradually, me and the other England fans began to believe

again, and when it came to the match against Slovenia it was fantastic to witness how much better the lads were playing. The confidence was back, the tactics were better and the fans were truly fantastic. For the first time in the tournament, the dreaded vuvuzelas were completely drowned out by the magnificent singing of the travelling England faithful, and it was a joy to behold.

There were a few sore heads the next day, but we all felt a lot better about things. South Africa really is an incredible place and I'm learning more about it each day. The tournament is picking up after a dodgy start, and it's only massive games from here on in! Bring it on!



PHOTOS: BACKPAGE IMAGES, GETTY, PA PHOTOS



RUMOUR HAS IT

I hear Sir Alex Ferguson is weighing up a £22m move for Brazil star Luis Fabiano. It could be a great bit of business.



**DIEGO FORLAN**

My man of the tournament so far, Forlan has shown he's one of the best strikers in the world. **VERDICT:** Hero

**KADER KEITA**

A shocking bit of play-acting from the Ivory Coast man got Kaka sent off. Fifa should have overturned it. **VERDICT:** Villain

Kammy's World Cup Heroes and Villains!

**GONZALO HIGUAIN**

The Real Madrid man has done the business in SA, including a hat-trick in the second game. Top drawer! **VERDICT:** Hero

**DAVID JAMES**

Jamo came into the team, took his goalkeeping back to basics and did a very composed job. Superb keeper. **VERDICT:** Hero

**WAYNE ROONEY**

He may have been frustrated but criticising the fans wasn't on, even if he was man enough to apologise. **VERDICT:** Villain

**THE FRENCH TEAM**

Manager Raymond Domenech must take some blame, but the French really let their country down. Disgrace! **VERDICT:** Villain



RING OF TRUTH!

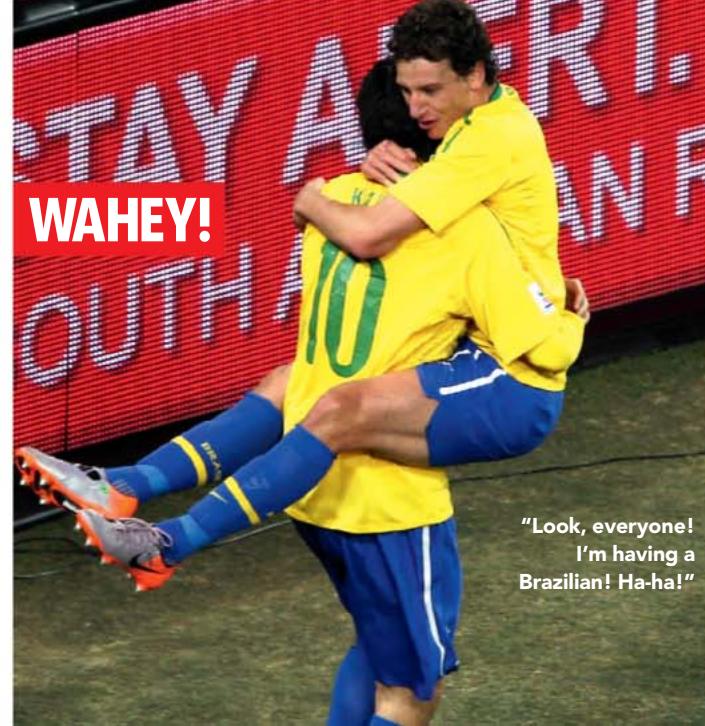
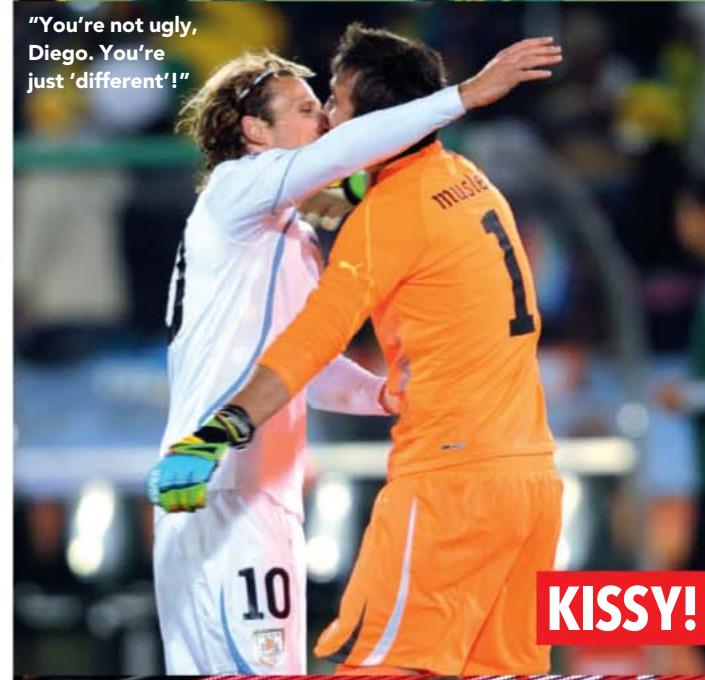
Football seen through the *Nuts* comedy glasses!

ONLY IN
Nuts!

"Hey, JT!
Over here!"



MAN-LOVE CORNER!





WORLD CUP
2010!

'QUOTE ME ON THAT!'

Sporty types talking a load of toilet!

"The Italians are Italian and the English are English"

Sam Allardyce spots the difference.

"It's 1-1. What an achievement if New Zealand get to 1-1"

ITV pundit Chris Coleman can't keep score.

"I kiss and hug my players but I'd prefer if they were women. I'm not limp-wristed"

The definitely-not-gay Diego Maradona.

"The defender had a miserable smile on his face"

Is that physically possible, Adrian Chiles?



"Jermain Defoe's like a little girl"

Wayne Rooney doesn't exactly big up his team-mate.



"I think Dale Winton was playing for England"

Gary Lineker on England's secret weapon.



"Ryan Nelsen's brain cleared the ball"

Bobby Gould on a neat trick.



"After the goal, we couldn't take any of the opportunities that came our way. I think that sits well for the future"

That doesn't sound promising, Rio Ferdinand.

"Gervinho has got nice hips"

ITV's Gareth Southgate takes a fancy to the Ivory Coast star.

'OO-ER SOUNDS A BIT RUDE' CORNER!

"The physio put a salty substance in Ryan Nelsen's mouth"

Really, Bobby Gould?

"Do join in if you've got your vuvuzela out at home"

We haven't all got the horn, Clive Tyldesley.

"My wife has two fingers - sometimes it's just the one"

Thankfully, Sir Geoff Hurst is talking Kit Kats!

"As the saying goes, 'Don't throw out your old shoes until you've got a new pair'"

Edgar Davids is making up his own sayings.



"Slovenia need to beat Slovenia to be sure of qualifying"

Gary Lineker on a very big ask for the Slovenians.

ONLY IN
Nuts!

ALL NEW
STORIES!

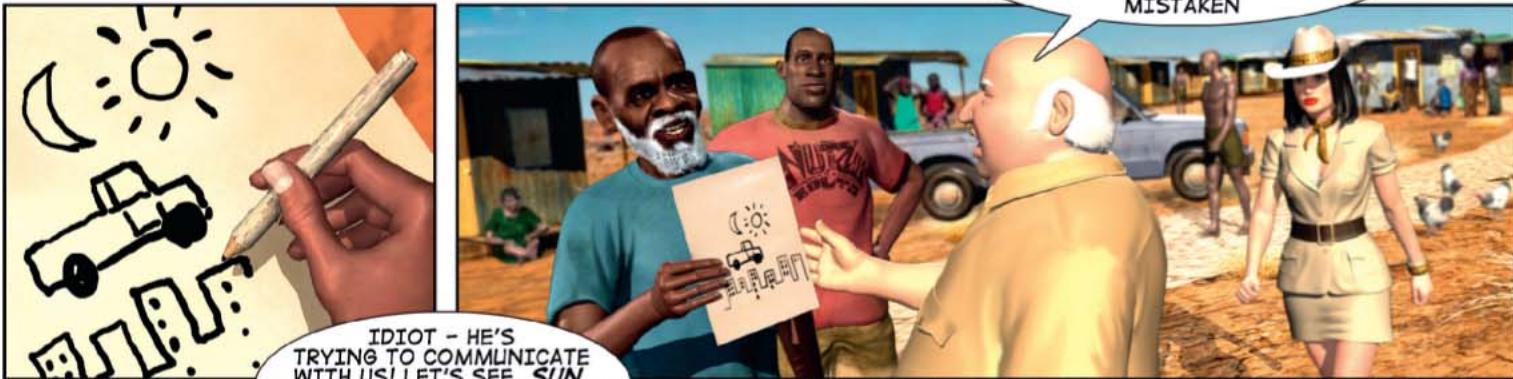
Nuts SPORT

Striker

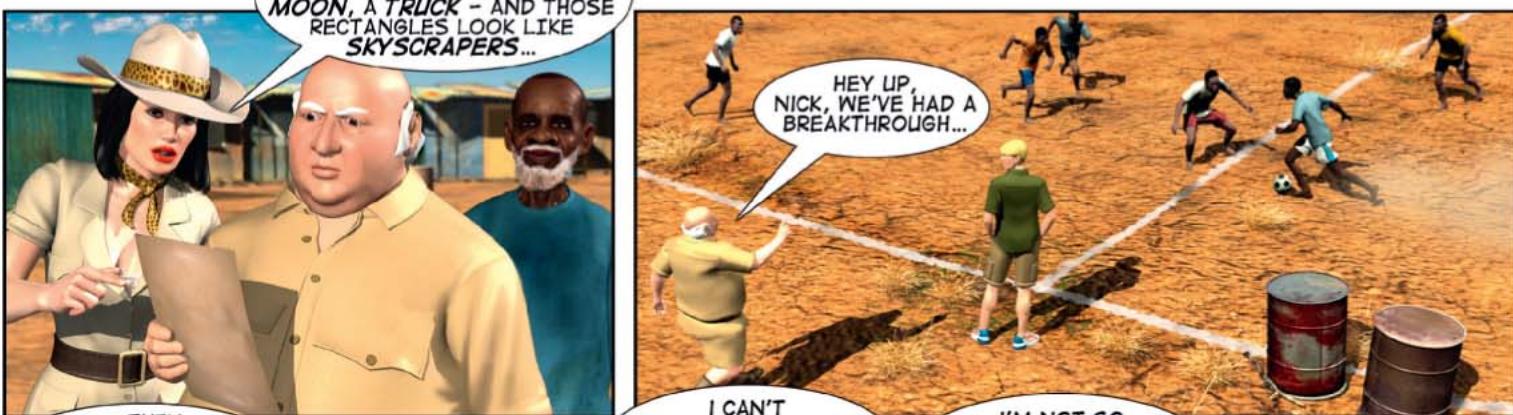
By PETE NASH and SIMON RAVENHILL

striker3d.net

I'VE GOT NOWT
AGAINST YOU HARD-UP ZULU FOLK
SELLING TRINKETS AND SOUVENIRS TO
EARN A CRUST - BUT IF YOU THINK I'M
PAYING OWT FOR THAT RUBBISH
DRAWING, YOU'RE SADLY
MISTAKEN



IDIOT - HE'S
TRYING TO COMMUNICATE
WITH US! LET'S SEE... SUN,
MOON, A TRUCK - AND THOSE
RECTANGLES LOOK LIKE
SKYSCRAPERS...



MUDY
MILDRED, VANESSA
- HOW DID YOU GET 'EM
TO WAIT ON YOU
LIKE THAT?

BY DRAWING
PICTURES OF MY
REQUIREMENTS - AND
GENEROUSLY TIPPING
THEM WITH YOUR
MONEY

WELL,
I HOPE THERE'S
SOME LEFT - WE'RE
GOING TO SIGN
T' NEXT DIDIER
DROGBA!

CONTINUED
NEXT WEEK



Nuts 63

Nuts REAL GIRLS

THE BEST OF BRITISH HOTTIES

BEDROOM BABE!

Georgia 20, Newcastle, agricultural assistant
"It really turns me on when a man can handle a car!
Something about the way blokes drive can be really sexy."

Want to be a Nuts model? Only work with official Nuts staff. If you're approached by a photographer, call us on 020 3148 6927 to confirm they're genuine.

The Pic She
Sent us!





"I'd love to go to a gig or a car show on a first date!"



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BEDROOM BABES!

Vote for your favourite – and she'll star in *Nuts*!

Vote for your favourite at www.nuts.co.uk/girls

Ladies, send us your pictures! Send your photos to Real Girls UK, Nuts, 4th Floor, IPC Inspire, the Blue Fin Building, 110 Southwark Street, London SE1 0SU. Or email nutsgirls@ipcmedia.com. You must be at least 18 years old.

**ONLY IN
Nuts!**



Beth

22, Bristol, piano teacher
"I'm really into yoga. That means I can get into some pretty interesting positions!"

Michelle

18, Colchester, promo girl
"I like dressing up in sexy outfits with my man – being a bit naughty never hurts!"



Danni

21, Loughborough, administrator

"I keep my figure looking this hot by having loads of sex!"



Jess

21, London, PA

"I think I'm a catch because I'm a perfect ten – and I'll even watch the football with you!"

Vote now to see more of your favourite girl!

The winner gets her own Bedroom Babes shoot in a future issue of *Nuts*!

Choose the girl you think is the hottest, go to www.nuts.co.uk/girls, click on the "Bedroom Babes" bit and vote for her. It's as simple as that!

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LADIES CONFESS!

TO OUR SECRETARY!

100%
REAL
STORIES!



IT'S LOU!



CONFESION OF THE WEEK!

'We did it at the supermarket'

My bloke and I were walking around the supermarket not long before closing time. Bored of looking at what we were going to buy for dinner, we abandoned the meat aisle and wandered over to the drinks aisle. There was a door open leading into a store room, so he pushed me through it and lifted my skirt. I knew we'd be caught on camera but we went for it anyway. I swung around, pushing my bum into his crotch and he quickly entered me from behind. The sex only lasted about 30 seconds, but it was thrilling!

Zoe, London

'The doorman kissed me'

One Saturday night, my friends and I went to a club but by the end of the evening, we'd all got split up. A lad kept trying it on with me but he wasn't my type at all, so I told him to go away. He wouldn't

take no for an answer, though, so I decided to leave. He followed me out of the club and it was at this point that one of the doormen noticed my discomfort and came to my rescue. He put his arm around me, kissed me and made out that he was my boyfriend. We walked down the road together

and my unwanted admirer soon lost interest. I wanted to thank the doorman for his help, so I pulled him into a nearby shop doorway, pulled his impressive shaft out of his trousers and gave him one of my special blow jobs!

Sarah, Derby

'They heard us at it in the tent'

Last summer, my boyfriend and I decided to go on a camping holiday. We'd never been before, so going shopping for a tent and accessories was a must. As we got to this huge superstore, I was daydreaming about us getting all hot and sweaty together in the tent, and I soon started to feel horny. So when my fella climbed into a tent to try it out, I didn't hesitate to join him. Once inside, I quickly zipped the tent shut and gave him a cheeky grin. He unbuttoned his jeans and I started to massage his package, feeling it grow under my fingers. We shuffled ourselves into the spoon position and I wriggled out of my shorts so that he could enter me. It felt amazing and I had to bite the sleeping bag that was inside so I didn't scream. I came to an earth-shattering climax within a few minutes but just as he was

about to do the same, we heard voices outside the tent and had to stop what we were doing. When we took our stuff to the checkout, we heard a few sniggers. The staff obviously knew what we'd been getting up to in there!

Jazz, via email

'She pushed her hips against me'

I recently started work at a new office and at first, I found it quite difficult to settle in. I got talking to one of the girls there and she suggested we go swimming together one evening after work. A few days later, we went down to the local baths. I got changed in a cubicle and as I came out, I saw my colleague. She looked amazing in her tight pink bikini and I couldn't take my eyes off her boobs. I found it difficult to concentrate when we got in the pool and my imagination was running wild. We brushed against each other a few times in the pool and I could feel the electricity between us. When she wrapped her legs around me under the water and pushed her hips against mine, I knew she fancied me, too. Giving each other a knowing look, we jumped out of the pool and headed for the nearest cubicle. As soon as we got in there, she pulled down my bikini bottoms and slid her fingers inside me – it was so intense! I came hard and then had a second, smaller shiver run through my body. It was nothing like I'd experienced before and I enjoy my job a lot more now!

Gemma, Portsmouth

Win £50!

Ladies, send your raunchiest confessions to louise_prior@ipcmmedia.com or to the address on p68. The best one each week wins £50!* Come on, girls!

REAL GIRLS, REAL PLACES!

ONLY IN
Nuts!

Ladies, would you like **Nuts** to hang out with you for the day? Email a photo and a bit of info about yourself to nutsgirls@ipcmedia.com or write to Real Girls UK at the address on page 68. You must be at least 18 years old.

THIS WEEK:

Name: Carrie

Age: 23

Boobs: 30C. "I'd like them bigger!"

Likes: "Tattoos!"

Ever kissed a girl? "Yes. I was playing the 'I have never...' game."

Strangest place you've had sex? "In a hot tub!"

Sex tip: "Kiss my back!"

Carrie's hot tour of Abbotskerswell

Where? Get on the A380 and follow signs for "hottie"!

Carrie on... her home!

"We're in Devon. There are lots of cows and sheep, two DVD shops, a coffee shop and a school, but I head into Torquay for a night out!"

HELLO!



Carrie on... eating!

"I'm really into peppermint tea at the moment. I don't do any exercise, I eat McDonald's and when the girls come over we'll always have a pizza each!"

PHOTOS: ELLIS O'BRIEN



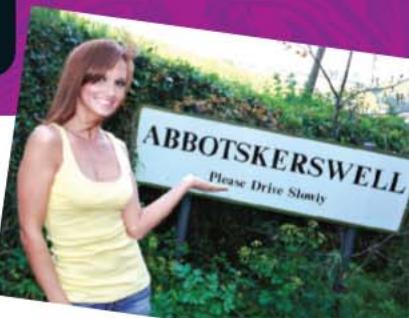
Carrie on... her undies!

"Girls have lots of everyday underwear but we've all got sexy pants too. Why? To dress up for our boyfriends, that why. And they absolutely love it!"



Carrie on... getting ready!

"When the girls come over, we start at lunchtime. We open the wine, do each other's hair and only go out at ten o'clock, so it takes a full ten hours!"





Carrie on... her friends!

"I'm always on Facebook organising our nights out. It's London next week, Manchester the week after. I can't wait!"

**"Boys
love my
boobs!"**



Carrie on... her boobs!

"I'm a 30C. I like to show off a bit of cleavage when I'm out. Boys love talking to my boobs, which is totally fine with me!"

Carrie on... her hair!

"This is my natural colour – and I love being a redhead! I don't actually mind being called fiery or passionate too, as I can be a nightmare sometimes!"



Carrie on... shopping!

"I buy at least two items of clothing every week, like jeans, shoes and going-out dresses. You know, everyday stuff!"



NUTS PROMOTION

ROSIE & EMMA!

DJ MICKY SLIM!

PARTY TIME!

Go Nuts IN IBIZA! AT EDEN

Nuts has arrived - and it's going off every Monday night at Eden!

Go Nuts In Ibiza is go! Nuts girls Emma Glover and Rosie Jones kicked off last week's party night, there were hot girls everywhere and even superstar DJs rocked up to grab a piece of the Nuts action. And it's only just starting! With line-ups

including the mighty prince of grime, Tinchy Stryder, Go Nuts In Ibiza is the place to be this summer. Check out what's in store for you if you're heading over to the party isle in July, or just check out the masses of hot ladies from the last two parties, at www.nuts.co.uk/ibiza.

For more info, go to www.nuts.co.uk/ibiza

BABES OF MYNUTS!

The hottest ladies from our website

ONLY IN
Nuts!

THIS WEEK: Louise

21, Derby

Your three wishes? "To always be happy, to be successful in everything I do and to never have to worry about money."

Favourite tipple? "Jaegerbomb!"

Favourite place? "My bed!"

Likes? "Spending time with my family and friends."

Dislikes? "Being unhappy, liars and being cold!"

Who you'd most like to meet?

"Katie Price and Prince William."

What superpower would you like to have? "Invisibility."

What else? "I usually have a smile on my face, I'm easy-going and I try to live life to the full."

See more of Louise at www.nuts.co.uk/mynuts/mslouisag

"I love this sexy underwear set!"



"Bright eye-catching underwear – it makes me feel really sexy!"



"As you can see, they're a bit of a handful!"



"A cheeky rear view for you!"



"When cooking, I get very hot – best to strip off!"

"I think we made this old picture look better!"

Nuts FASHION

Cut a dash without splashing the cash

WORDS: STEVEN BUCHAN
PHOTOS: ALAN MCFADEN



3 LTD watch
Perfect for summer!
www.ltdwatch.com



4 Nike trainers
Wear with the Hentsch shorts or grey jeans. www.nikesportswear.com

1 True Religion tee

The denim giant has come up trumps with this top T-shirt! 020 7836 5098



2 French Connection jeans

Ditch the socks and wear these with a turn-up for summer style. www.frenchconnection.com



5 Luke polo shirt
This '70s knitted polo is bang on for July! www.luke1977.com

TOP 5... GROOMING!



£40

6 River Island shoes

Classic driving shoes! Can be worn for walking, too. 020 8991 4904



£40

7 Duffer sweatshirt

Check out this sharp zip-up top!
www.jdsports.co.uk



£16

8 Jeepers Peepers glasses

Stylish bins that won't break the bank!
www.asos.com



£99



£80

9 Umbro jacket

This is a top piece of official England footy clobber. www.umbro.com

10 Hentsch Man shorts

These shorts will look great with the River Island shoes. www.hentschman.com

1 Biotherm Homme Re-builder £45

This firms the area around the eyes and chin while reducing furrows and wrinkles.
www.mankind.co.uk



2 Gillette Limited Edition Fusion razor £7

Get rid of your stubble in style with this patriotic razor featuring the St George flag! 0800 44 55 38 83



3 Lynx Rise shower gel £2

If you struggle to get going first thing, give this invigorating shower gel a go!
Available nationwide



4 Phillips Groom Pro £70

This all-over body groomer is sure to win your girlfriend's approval!
Available from Boots, Argos and Amazon



5 Nivea travel essential pack £7

This kit'll come in handy if you're heading off on your hols! Available nationwide



Nuts REVIEWS

GAMES!



TIGER WOODS 2011 ALL FORMATS



Electronic Arts sticks with its money-spinning man for another year of golfing sim fun, and there are the usual tweaks to

this fine franchise. New are the Ryder Cup and role-play-style levelling up, but it's the PS3 Move compatibility (PlayStation's Wii-like remote) – available as an update later in the year – that we're really waiting on. Fore! ★★★★



HECTOR: BADGE OF CARNAGE IPHONE



Hidden iPhone gem about a hostage negotiator trying to do his job while stuck in a cell. In his pants. An absolute cracker! ★★★★



MASS EFFECT 2: OVERLORD PC, XBOX 360



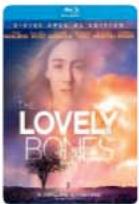
Nicely judged mission download pack that both expands the Mass Effect universe and adds a nice couple of hours' return to the game as you blast stuff and solve puzzles. ★★★

DVDS/BLU-RAY!



Ryan Gosling put on 20lb to bag the lead role but it went to Mark Wahlberg

THE LOVELY BONES CERT 12 DVD & BLU-RAY



Peter Jackson of Lord Of The Rings fame directs this book-to-screen adaptation about a 14-year-old girl who is murdered by her

neighbour. Without an orc or a hint of CGI in sight, it's an unusual choice for Jackson, but one that works well as the girl tells her story from heaven and tries to expose her killer by directing a family member to her body. ★★★★

SOLOMON KANE CERT 15 DVD & BLU-RAY



James Purefoy stars as Solomon Kane, a 16th-century hero whose haunted past forces him to battle a growing evil in his homeland. ★★

BORN SURVIVOR: BEAR GRYLLS – SEASON 4 CERT E DVD



In this latest series, Grylls journeys into the deadly jungles of China, climbs the Rocky Mountains and nearly dies in Panama! ★★★

UFC RAMPAGE GREATEST HITS CERT E DVD



Featuring eight of Rampage Jackson's greatest bouts and footage from his Far East fights, this is a UFC fan's must-have. ★★★★

MUSIC!



VARIOUS ARTISTS IBIZA ROCKS: RECLAIM...



Terrific compilation that starts out with loads of dubstep before thundering into top modern indie anthems. Compilation of the summer so far. ★★★★

SCISSOR SISTERS NIGHT WORK



Nuts' favourite pop whoopies are back with yet more faintly silly sex-disco. More clubby than usual, so grow a moustache and get down! ★★★

The latest action-packed releases!

Ratings: ★★★★ Genius ★★★ Very good ★★★ Investigate ★★ Alright ★ Rubbish

MOVIES!



Lymelife's Emma Roberts stars with Hayden Panettiere in 2011's *Scream 4*

LYMELIFE CERT 15

This '70s-set black comedy stars 30 Rock funnyman Alec Baldwin, who's too busy canoodling with the ginger one from *Sex And The*

City to notice his family life is falling apart. Fans of *American Beauty* will love this weirdly brilliant comedy! ★★★★



GREENBERG
CERT 18

Ben Stiller freaks out in a mid life crisis comedy about a guy who falls for his brother's assistant. ★★★★



GET HIM TO THE GREEK
CERT 18

Russell Brand and Jonah "Superbad" Hill star in a cool rock'n'roll laughfest. ★★★★

NUTS BIKINI BABES IS BACK!

The summer's here and nothing gladdens the heart more than a *Nuts* bikini comp.

Nuts hits Newquay beach on 4-8 August at Relentless Boardmasters, bringing some hot girl action to this surf and music festival! See this year's long list of lovelies at nuts.co.uk/boardmasters and vote for your favourite.

We're kicking off festivities at Newquay's Koola club with a *Nuts* do on 4 August, with hot girls and lots, lots more. So if you want to see cool acts like Gallows and Plan B, plus some of the best surf, skate and BMX around, check out nuts.co.uk/boardmasters now for tickets! See you there!

BIKINI COMP
SAT 7 AUG!



Nuts
Relentless
BOARDMASTERS
VANS
BABES

Nuts TV

Seven days of brilliant telly for blokes!



TV PICK OF THE WEEK!

SATURDAY!

Real man stuff!

UFC 116, ESPN 3am
Super hard and pretty scary, even for us blokes! Brock Lesnar (above) takes on Shane Carwin in Vegas!

6am

BBC ONE

6.00am Breakfast 9.15 Crimewatch Roadshow 10.00 Homes Under the Hammer 11.00 Cowboy Trap 11.45 Cash in the Attic (R) 12.15pm Bargain Hunt 1.00 BBC News, Weather 1.30 Regional News, Weather 1.45 **LIVE** Wimbledon 2010: *The men's singles ball-knocking.* 2.30 **LIVE** Match of the Day Live: 2010 FIFA World Cup: *The opening quarter-final, kick-off 3pm. It could be on ITV1 instead, by the way.* 5.15 **LIVE** Wimbledon 2010: 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather

7pm

BBC TWO

6.00am CBeebies 7.00 CBBBC 8.30 CBeebies 10.30 **SPORT** Yesterday at Wimbledon 11.30 Daily Politics 12.00noon Animal Park (R) 12.30pm **LIVE** Wimbledon 2010: *The men's singles semi-finals.* 3.25 CBBBC 5.50 **LIVE** Wimbledon 2010: *More ball-thunking.*

1am

itv 1

5.30am **ITV News** 6.00 GMTV 9.25 The Jeremy Kyle Show 10.30 This Morning 12.30pm **Loose Women** 1.30 **ITV News** 1.55 **Regional News, Weather** 2.00 Dickinson's Real Deal (R) 3.00 Midsomer Murders (R) 5.00 **The Chase** 6.00 **Regional News, Weather** 6.30 **ITV News**

7.00 Animal 24:7

There's a grisly discovery in a house. Er, a *Sex and the City* DVD box set, perhaps?

7.30 Nigel Slater's Simple Suppers

Everyday cooking advice with the food writer. Surely this involves microwaves? (R)

8.00 Inspector George Gently

Like *Heartbeat* without adverts. In which case, we think we prefer *Heartbeat*. (R)

9.30 Outnumbered (R)

10.00 BBC News, Weather

10.35 Friday Night with Jonathan Ross

With Robin Williams and Tim Minchin.

11.35 The National Lottery Friday Night Draws

11.45 Match of the Day: 2010 FIFA World Cup

SPORT Highlights of the day's two quarter-finals.

12.50am Sign Zone: An African Journey with Jonathan Dimbleby (R)

1.50 Welcome to Lagos (R) 2.50-6.00am **BBC News: The day's headlines.**

REGIONAL VARIATIONS

STV: 10.35pm *Dickinson's Real Deal* 11.05 *In Plain Sight*

12.00m't *Roulette Nation* 1.00am **FILM** *Jesus Christ*

Superstar: Musical starring Ted Neely and Carl Anderson.

2.50-5.30am **The Nightshift** **ULSTER:** 10.35pm *Superhuman: Strong* 11.35 *Grimefighters* 12.05am *Brain Box*

TODAY'S SPORT

sky SPORTS 1

6.00am Good Morning Sports Fans **7.00** World Cup Report **7.30** Good Morning Sports Fans **8.00** World Cup Report **8.30** Good Morning Sports Fans **9.00** Football's Greatest **9.30** Premier League World **10.00** Transworld Sport **11.00** Women's Cricket (HD) **12.00noon** Cricket (HD) **1.00pm** Transworld Sport **2.00** **LIVE** Women's Cricket (HD) **5.30** Premier League World **6.00** World Cup Report **6.30** Football's Greatest **7.00** **LIVE** Cricket: *Sussex Sharks vs Middlesex Panthers.* (HD) **10.00** World Cup Report **10.30** Football's Greatest **11.00** *Time of Our Lives* **12.00m't** Football's Greatest **12.30am** Women's Cricket (HD) **1.30** Cricket (HD) **2.30** Football's Greatest **3.00** Boxing (HD) **5.00** World Sport **5.30-6.00am** Football's Greatest

sky SPORTS 2

6.00am Aerobics **6.30** Ocean Ride **7.00** Women's Cricket (HD) **8.00** Cricket (HD) **9.00** FEI Equestrian World **9.30** IAAF Athletix Weekly **10.00** Race World **11.00** Aerobics **11.30** Racing News **12.00noon** Football's Greatest **12.30pm** Premier League World **1.00** FEI Equestrian World **1.30** World Hockey Monthly **2.00** ATP Tour Uncovered **2.30** Football's Greatest **3.00** WWE: Raw (HD) **5.00** NFL: Total Access **6.00** Ocean Ride **6.30** World Sport **7.00** IRB Rugby Sevens **10.00** **LIVE** Boxing: *Jamie McDonnell and Rodrigo Bracco trade blows.* (HD) **12.00m't** NFL: Total Access **1.00am** IRB Rugby Sevens **4.00** Ocean Ride **4.30** IEX Magazine **5.00-6.00am** Tight Lines

ON DIGITAL, SATELLITE

FILM4 (315)

7.00pm **The Bad News Bears:** Comedy starring Walter Matthau. **9.00** **Predator:** Sci-fi action fantasy starring Arnold Schwarzenegger. **11.05** **The Black Dahlia: Crime thriller.** **1.25-3.45am** **Internal Affairs:** Thriller starring Andy Garcia.

COMEDY CENTRAL (126)

7.00pm **The King of Queens:** Double-bill. **8.00** **30 Rock** **9.00** **South Park:** Double-bill. **10.00** **Lee Evans:** *Wired and Wonderful - Live at Wembley* **12.15am** **South Park** **1.15** **Jack Dee Live at the Apollo** **2.55** **Dirty Sexy Funny:** *Olivia Lee* **3.25**

ESPN

8.00pm **NBA Classics** **10.00** **The Ultimate Fighter** **11.00** **South Africa Nightly** **11.30** **UFC All Access:** *Behind the scenes.* **12.30am** **Press Pass 2010** **1.00** **UFC 3.00 MMA Live** **3.45** **UFC All Access** **4.00-6.00am** **Boxing**

2 JULY **FRIDAY**

FULL 7 DAY TV GUIDE!

4

6.05am The Hoobs (R) **6.55** Big Brother's Little Brother **7.20** Big Brother (R) **8.30** Frasier (R) **8.55** Melanie and Denise's 5 O'Clock Show (R) **9.55** Deal or No Deal (R) **10.40** Everybody Loves Raymond (R) **11.05** Friends (R) **12.00noon** Channel 4 News Summary **12.05pm** Relocation, Relocation (R) **1.00** Come Dine with Me (R) **3.25** Countdown **4.10** Deal or No Deal **5.00** Melanie and Denise's 5 O'Clock Show **6.00** The Simpsons (R) **6.30** Hollyoaks

FIVE

6.00am Milkshake! **9.15** The Wright Stuff **10.45** Trisha Goddard (R) **11.45** CSI: Crime Scene Investigation (R) **12.40pm** Five News **12.45** SPORT Extreme Fishing with Robson Green (R) **1.45** Neighbours **2.15** Home and Away **2.50** Animal Rescue Squad (R) **3.05** FILM Life on Liberty Street: Melodrama with Annabeth Gish and Ethan Embry. **5.00** Five News, Weather **5.30** Neighbours (R) **6.00** Home and Away (R) **6.25** Live from Studio Five

sky1

6.00am The Biggest Loser US (R) **7.00** Brainiac: Science Abuse (R)(HD) **8.00** Oops TV (R) **9.00** Cold Case (R) **10.00** Road Wars (R) **11.00** X-Weighted: Families (R) **12.00noon** Angela and Friends (HD) **1.00pm** Cold Case (R) **2.00** Project Runway (R)(HD) **3.00** Stargate SG-1 (R) **4.00** Stargate SG-1 (R) **5.00** SPORT WWE Superstars **6.00** Oops TV (R)

7.00 News

7.30 Unreported World

Scary stuff in Colombia.

8.00 A Place in the Sun: Home or Away

Properties in Wales and France. We can understand the France part, but sun in Wales? Have they never been there?

9.00 Big Brother

More from the potty pad.

10.00 The IT Crowd

MUST-SEE Wrong-haired geek Moss becomes a celebrity. Hilarious, as ever.

10.35 Big Brother

Davina McCall shouts at the latest evictee.

11.05 Stand Up for the Week

Top-notch satirical comedy show.

11.55 Music on 4: The Album Chart Show: Kelis Special

An interview with the American singer. (R)

12.25am 4Play: Micachu

12.45 Big Brother: Live

4.00 This Week's 4Music Top 20
5.50-6.35am Countdown (R)

7.30 Random Hearts

FILM Shoddy romantic drama with Harrison Ford, Charles S Dutton and Kristin Scott Thomas.

10.05 The Mentalist

MUST-SEE More crime-busting from smug observation expert Patrick Jane.

11.05 Grey's Anatomy

Doctors treat the victims of a bear attack.

12.05am SuperCasino

Ball bearing-bouncing bobbins.

7.00 The Simpsons

Homer reckons Bart's new friend Bashir is involved in a terrorist plot. (R)

7.30 The Simpsons

With the voice of Emily Blunt. As opposed to James Blunt, thankfully. (R)

8.00 Missing Children: Lorraine Kelly Investigates

Families in search of their children. (R)

9.00 Bones

Guest-starring Stephen Fry. (R)(HD)

10.00 Bones

An obese couple are murdered. (R)(HD)

11.00 Lie to Me

A soldier claims his life is in danger, but Cal reckons he's telling porkies. (R)(HD)

12.00m't Oops TV

Selection of video out-takes, narrated by Justin Lee Collins. (R)

1.00am The Real World: Key West (HD)

1.50 Road Wars (R)(HD) **3.30** 24 (R)(HD)

4.20 Tru Calling (R)(HD) **5.10-6.00am**

Smarter Than a 10 Year Old? (R)(HD)

TODAY'S MUST-SEES



"How long exactly do we have to hold this pose?"

The IT Crowd

Channel, 4 10pm

COMEDY

Graham "Father Ted" Linehan's absurd comedy continues to delight as Moss becomes a celebrity after his success on Countdown, while Douglas has lots of meetings with women in robes. Hilarious! ★★★★



"Dang it, I've forgotten my gun!"

The Mentalist

Five, 10.05pm

DRAMA

Girly-named observation expert Patrick Jane crosses swords with a cult leader (played by Brit Malcolm McDowell) while investigating the murder of an heir to a media corporation. Crime-cracking fun. ★★★★

Nuts PROMOTION



Get a *Nuts* girl up against your wall!

NEW! Giant posters and more!

SOPHIE HOWARD!

GO TO WWW.NUTSGIRLSHOP.CO.UK

PLUS Free* *Nuts* T-shirt with orders over £15! *PLUS £3.00 P&P

I'M Nuts ABOUT ENGLAND

LITE AND CABLE TV TONIGHT

Scrubs **3.55** Two and a Half Men **4.20** The King of Queens **5.10-6.00am** Frasier

BBC3 (115)

7.00pm Great Movie Mistakes **7.15**

Doctor Who **9.00** FILM Reign of Fire: Sci-fi fantasy adventure starring Christian Bale and Matthew McConaughey. **10.35**

Russell Howard Live: A performance by the comedian during his 2007 tour. **11.50**

Family Guy **12.30am** Lee Nelson's Well Good Show **1.00** Mongrels **1.30** SPORT Match of the Day: 2010 FIFA World Cup

3.10 Lee Nelson's Well Good Show **3.40** Mongrels **4.10-5.15am** SPORT World Cup's Most Shocking Moments

E4 (136)

7.00pm Hollyoaks **7.30** Friends **9.00**

Gok's Fashion Fix **10.00** Supersize vs Superskinny **11.05** Big Brother's Big Mouth: Davina McCall talks to the latest evictee. **12.10-6.00am** Big Brother: Live

DAVE (111)

7.00pm Seaside Rescue **8.10** Dragons' Den: Ideas include a Scottish seaplane service for tourists. **9.30** Mock the Week: Brilliant quiz show. **10.10** QI **10.50** Never Mind the Buzzcocks: With Kimberly Stewart, Athlete's Joel Pott, Lethal Bizzle and comedy actress Jessica Hynes. **11.30** Mock the Week **12.10am** QI **12.50** Never Mind the Buzzcocks **2.10** Totally Viral **2.40-3.00am** SPORT Radical Highs

MTV ONE (350)

7.00pm Gossip Girl **8.00** Jay-Z: The Official Top 20 **10.00** Jay-Z: Storytellers **11.00** World Stage **12.00m't** South Park **3.00am** Kelly Osbourne and Luke: In 24 Hours **4.00** Pimp My Ride **5.00-6.00am** Hogan Knows Best

VIRGIN 1 (121)

7.00pm Star Trek: Voyager **8.00** Warehouse 13 **9.00** Star Trek: Enterprise

10.00 Supernatural **11.00** Eurotrash: The Sexy Bits: Double-bill. **12.00m't** Challenge Jackpot **3.00am** Man's Work **4.00-5.00am** Take It or Leave It

SYFY (129)

7.00pm Smallville **8.00** FILM Malibu Shark Attack: Disaster movie starring Peta Wilson. **9.40** FILM 30,000 Leagues Under the Sea: Underwater thriller starring Lorenzo Lamas. **11.20** FILM Silent Venom: Creature-feature action thriller starring Luke Perry. **1.00am** FILM The Ferryman: Horror thriller. **3.00** Painkiller Jane **4.00** Angel **5.00-6.00am** Smallville

FX (164)

7.00pm NCIS **10.00** Brotherhood: Michael becomes suspicious about Kath and Colin's relationship. **11.00** Life: A State Representative is murdered. **12.00m't** NCIS: Tony is accused of murder. **3.00-4.00am** Tour of Duty

BBC
ONE

6am
6.00am **SPORT** Yesterday at Wimbledon
7.00 Breakfast **10.00** Saturday Kitchen
11.30 The Delicious Miss Dahl (R)
12.00noon BBC News **12.15pm** Bargain Hunt (R) **1.00** **LIVE** Wimbledon 2010: Coverage of the ladies' singles final from Centre Court. **2.30** **MUST-SEE** Match of the Day Live: 2010 FIFA World Cup: The third quarter-final, hopefully involving England, kick-off 3pm. Remember, if it's not on here, it'll be on ITV1! **5.35** BBC News **6.00** Walk on the Wild Side (R) **6.30** Hole in the Wall: Daft game show. (R)

BBC
TWO

6.00am CBeebies **7.00** CBBC **12.05pm** **FILM** The Lizzie McGuire Movie: Romantic comedy starring Hilary Duff. **1.30** Escape to the Country (R) **2.30** **FILM** And Then There Were None: Thriller starring Barry Fitzgerald. **4.05** Sacred Music (R) **5.05** Flog It! (R) **5.35** **LIVE** Wimbledon 2010: More from the All England Club.

itv
1

5.30am **ITV News** **6.00** GMTV **9.25** The Crocodile Hunter Diaries (R) **10.25** Children's Hospital (R) **10.55** Monk **11.55** News, Weather **11.59** London Weather **12.00noon** This Morning: Saturday **1.00pm** **FILM** Columbo: Caution! Murder Can Be Hazardous to Your Health: The detective investigates the death of a chain-smoking blackmailer. **3.00** Midsomer Murders (R) **5.00** **FILM** Kangaroo Jack: Comedy starring Jerry O'Connell. **6.35** Regional News, Weather **6.45** **ITV News**

4

6.35am **SPORT** World Sport **7.00** **SPORT** The Grid **7.30** **SPORT** MSA British Rallycross **8.00** **SPORT** The Morning Line **8.55** T4: Friends (R) **9.25** T4 On the Beach: The Countdown **10.25** Being N-Dubz (R) **10.55** Big Brother (R) **12.25pm** The Hollyoaks Music Show **1.00** Smallville **1.55** **LIVE** Channel 4 Racing from Sandown Park and Haydock Park **3.55** Come Dine with Me (R) **6.00** News **6.30** **FILM** The Magnificent Seven: Western.

FIVE

6.00am Milkshake! **10.00** Zoo Days (R) **10.15** Fifth Gear (R) **10.45** **SPORT** Red Bull Air Race **11.45** **FILM** 3 Ninjas Knuckle Up: Children's martial-arts adventure sequel. **1.25pm** **FILM** The Bounty Hunter: Western starring Randolph Scott. **2.55** **FILM** Sphere: Sci-fi adventure starring Dustin Hoffman. **5.25** **FILM** End Game: Mystery thriller with Cuba Gooding Jr.

6am

7pm

1am

7.00 Total Wipeout
More hilarious falling over. Splash! (R)
8.00 The National Lottery: In It to Win It 2012
8.50 Casualty
A middle-aged man is admitted after a fall. See, falling over can have really serious consequences for people. For shame, *Total Wipeout*, for shame.

9.40 Live at the Apollo
With Rhod Gilbert and John Bishop. (R)

10.25 BBC News, Weather
10.45 Match of the Day: 2010 FIFA World Cup
SPORT Today's third and fourth quarter-finals.

11.45 The Relic
FILM Dodgy horror thriller starring Tom Sizemore, as he takes on an angry monster in the Chicago Natural History Museum. Yikes!

8.00 Coast
Seaside-based boredom.
8.10 Dad's Army
"Don't panic, don't panic!" etc. (R)

8.40 Stephen Fry on Wagner
The QI presenter explores the life and music of the German composer.

9.40 Have I Got a Bit More News for You
Topical news-based mirth-making. (R)

10.25 Today at Wimbledon
SPORT Highlights of today's ladies final. Short skirts ahoy!

11.25 Skin
FILM Fact-based drama set in apartheid-era South Africa. The dark-skinned daughter of white parents strives to find her place in a racially divided society. Gritty stuff.

7.00 World Cup
LIVE It's the fourth quarter-final, potentially involving either Spain or Portugal. Or someone completely different! Either way, it'll be good. Switch over to BBC1 if *Animals Do the Funniest Things*, or some such rubbish, is on instead. Kick-off 7.30pm.

9.30 James Corden's World Cup Live
SPORT The tubby host discusses today's action. Worth watching, if only for Abbey Clancy.

10.00 ITV News, Weather

10.30 Hannibal Rising
FILM Duff thriller prequel as a young Hannibal Lecter resolves to get revenge on the war criminals responsible for the murder of his sister at the close of the Second World War.

12.45am The Zone
Michael Underwood and Angelica Bell present the interactive game show. Do yourself a favour and go to bed!

9.00 Big Brother
The latest mayhem from the madhouse. Has anyone got in a fistfight yet? Any gratuitous nudity? Fingers crossed tonight is the night we get some of both!

10.00 Russell Brand: Scandalous
MUST-SEE The big-haired gag-man's stand-up performance at London's O2 last year, with plenty of material revolving around his prank phone call. Funny stuff.

11.05 Star Trek III - The Search for Spock

FILM Sci-fi gubbins with William Shatner and friends attempting to free the trapped soul of their dead friend, Spock. Daft but fun.

1.10am Big Brother: Live **3.45** What About Brian **4.30** Demolition Day (R) **5.25-6.10am** Countdown (R)

7.10 Five News
7.15 Cricket on Five
SPORT The fifth and final match of the one-day series between England and Australia at Lord's.

8.00 NCIS
An explosion at a mausoleum leads to a multiple murder investigation. (R)

9.00 CSI: Miami
A daredevil driver is decapitated while performing a stunt. Ouch! (R)

10.00 CSI: Crime Scene Investigation
The team face a hostage situation in a casino. High stakes, then. Sorry!

10.55 Law & Order
When an undercover policewoman is murdered, a congressman is in the frame.

11.55 Cops in Crisis
More bobbies in the brown stuff. (R)

12.15am SuperCasino
Live interactive gambling guff.

4.05 **SPORT** European Seniors Tour Golf **4.55** The Family Recipe (R) **5.00** Hana's Helpline (R) **5.10-6.00am** Milkshake!

REGIONAL VARIATIONS

STV: 10.30pm **FILM** Shaun of the Dead: British comedy horror with Simon Pegg and Nick Frost.

12.20am Roulette Nation **1.00** Touching Evil **2.00** **FILM**

5.30am The Nightshift **ULSTER: 10.30pm** **FILM**

Ready When You Are, Mr McGill: Satirical comedy

starring Tom Courtenay and Bill Nighy. **12.00m't**

Brain Box **3.00am** Creature Comforts **3.10**

Creature Comforts **3.20-3.35am** UTV Rewind

TODAY'S SPORT

sky SPORTS 1

6.00am Women's Cricket (HD)
7.00 Cricket (HD)
8.00 World Cup Report
8.30 Football's Greatest
9.00 Cricket AM
10.30 **LIVE** Cricket: England face Australia in the fifth and final match of the one-day series from Lord's. Come on! (HD)
7.00pm World Cup Report
7.30 Football's Greatest
8.00 Cricket (HD)
10.00 World Cup Report: A round-up of all the day's news from South Africa.
10.30 Football's Greatest: The career of former Barcelona star Michael Laudrup.
11.00 Time of Our Lives
12.00m't Football's Greatest
12.30am Cricket (HD)
2.30 Time of Our Lives
3.30 Cricket (HD)
5.30-6.00am Football's Greatest

sky SPORTS 2

6.00am Aerobics
6.30 Premier League World
7.00 Golf (HD)
10.00 Golf
11.00 Boxing (HD)
1.00pm Football's Greatest
1.30 World Sport
2.00 IRB Rugby Sevens
5.00 Football's Greatest
5.30 **LIVE** Rugby League: Leeds Rhinos vs St Helens, kick-off 5.45pm. (HD)
8.00 NFL: Total Access
9.00 NFL: America's Game
10.00 Rugby League (HD)
11.30 NFL: Total Access
12.30am NFL: America's Game
1.30 Football's Greatest
2.00 Rugby League (HD)
3.30 Max Power
4.30 IEX Magazine
5.00-6.00am Sports Unlimited

ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

FILM4 (315)

7.00pm The Pink Panther Strikes Again: Comedy starring Peter Sellers as bungling Inspector Clouseau. **9.00** Snakes on a Plane: Action thriller starring Samuel L Jackson. **11.05** The Eye: Horror mystery starring Lee Sin-je. **1.00-3.45am** L.A. Confidential: Crime thriller with Russell Crowe, Guy Pearce and Kim Basinger.

COMEDY CENTRAL (126)

7.00pm The King of Queens **8.00** Scrubs **9.00** Two and a Half Men **10.00** Sean Lock: Live at Hammersmith Apollo **11.10** **FILM** Maid in Manhattan: Romantic

ESPN

6.00pm NBA Classics **10.00** UFC **11.00** South Africa Nightly **11.30** Talk of the Terrace **11.45** MMA **12.30am** Press Pass **1.00** UFC **2.00-6.00am** **MUST-SEE** UFC: Brock Lesnar takes on Shane Carwin. Ace!

comedy with Jennifer Lopez. **1.10am** Dirty Sexy Funny: Olivia Lee **1.40** South Park

2.40 Scrubs **3.40** Two and a Half Men **4.05** Shortcuts Shuffle **4.20** Everybody Loves Raymond **5.10-6.00am** Frasier

BBC3 (115)

7.00pm Top Gear **8.00** **FILM** Reign of Fire: Sci-fi adventure starring Christian Bale.

9.40 Autistic Superstars **10.40** Family Guy **11.25** American Dad! **12.10am** Peckham Finishing School for Girls **1.10**

SPORT Match of the Day: 2010 FIFA World Cup: Quarter-final action. **2.50** **SPORT** World Cup's Most Shocking Moments **3.20** Autistic Superstars **4.20-5.20am** Peckham Finishing School for Girls

E4 (136)

6.30pm Smallville **7.25** The Big Bang Theory **8.00** How I Met Your Mother **8.25** Friends **10.00** The 100 Greatest Stand Ups 2010 **12.10-6.00am** Big Brother

DAVE (111)

7.00pm Seaside Rescue **8.10** Dragons' Den **9.30** Mock the Week **10.10** QI

10.50 Never Mind the Buzzcocks: Simon Amstell hosts the irreverent music quiz.

11.30 Mock the Week **12.10am** QI: Comedy panel game. **12.50** Never Mind the Buzzcocks **1.30** Totally Viral **2.30-3.00am** **SPORT** Radical Highs

MTV ONE (350)

5.00pm 16 and Pregnant **11.00** World Stage **12.00m't** The Official UK Top 20 **2.00am** Dizzee Rascal: MTV.co.uk Session **3.00-6.00am** MTV Playlist

VIRGIN 1 (121)

7.00pm Most Shocking **8.00** Sun, Sea and A&E **9.00** **FILM** Invasion of the Body Snatchers: Remake of the 1956 sci-fi classic starring Donald Sutherland, Brooke Adams and Leonard Nimoy. **11.15** Sexcetera **12.00m't** Challenge Jackpot:



6.00am Brainiac: Science Abuse (R)(HD)
7.00 Lion Man (R) **7.30** Malcolm in the Middle (R)(HD) **8.00** Oops TV (R) **9.00** Football's Next Star (R)(HD) **10.00** Got to Dance (R)(HD) **12.00noon** Pineapple Dance Studios (R)(HD) **1.00pm** Girls Aloud: Out of Control (R)(HD) **2.30** Malcolm in the Middle (R)(HD) **3.00** Fat Families: Second Helpings (R)(HD) **4.00** The Real A&E (R)(HD) **5.00** Liza and Huey's Pet Nation (R)(HD) **6.00** Glenn Martin, DDS (R)(HD) **6.30** Modern Family (R)(HD)

7.00 The Simpsons

Homer is cast in a superhero movie penned by Comic Book Guy. (R)(HD)

7.30 The Simpsons

Bart spikes Mrs Krabappel's coffee with alcohol. The scamp! (R)(HD)

8.00 Oops TV

Man walks into door. Audience laughs. Man receives fat cheque. Repeat. (R)

9.00 The Librarian: Return to King Solomon's Mines

FILM Fantasy adventure sequel starring Noah Wyle.

10.45 Classic Albums

Phil Collins talks about the making of his first solo album *Face Value*. Awful. (R)

11.50 Girls Aloud: Out of Control

Cheryl and her equally lovely mates perform at the O2 Arena. (R)(HD)

1.20am UK Border Force **2.15** Road Wars **3.10** Ross Kemp on Gangs **4.05** Journeyman **4.55** Brainiac **5.10-6.00am** Are You Smarter Than a 10 Year Old?

Interactive gaming. **3.00am** Ninja Warrior **4.00-5.00am** Body in Numbers

SYFY(129)

6.20pm **FILM** 100 Million BC: Sci-fi adventure. **8.00** **FILM** Mega Shark vs Giant Octopus: Monster movie. **9.40** **FILM** Raging Sharks: Sci-fi horror. **11.30** **FILM** Malibu Shark Attack: Disaster movie. **1.10am** **FILM** Shark Attack: Thriller. **2.50** 3rd Rock from the Sun **3.20** The Invisible Man **4.20-6.00am** **FILM** Deadly Invasion: The Killer Bee Nightmare: Thriller starring Robert Hays.

FX(164)

6.00pm The Listener **8.00** American Dad **9.00** Family Guy **10.00** Robot Chicken **10.15** Family Guy **11.15** Titan Maximum **11.30** Family Guy **12.00m** American Dad! **12.30am** The Venture Brothers **1.00** Eastbound and Down **2.00** Final 24 **3.00-4.00am** The Border

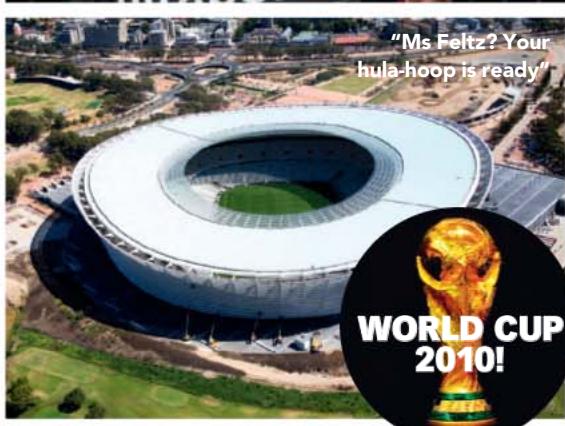
TODAY'S MUST-SEES

"Don't call me 'baldy' again!"

UFC 116

ESPN, 3am

SPORT Billed as the biggest fight in UFC history, the MGM Grand in Vegas is the venue for this evening's bout of bone crumpling. The heavyweights are in town as champ Brock Lesnar faces undefeated world number four, fellow American Shane Carwin (near left). These two were originally due to meet last November, so by now they'll be like a pair of bulging-eyed pit bulls let loose in a butcher's! Also on the bill, Chris Lytle faces Matt Brown at Welterweight. Ace! **★★★★★**



"Ms Feltz? Your hula-hoop is ready"

WORLD CUP 2010!

World Cup Live **BBC1 or ITV1, 2.30pm**

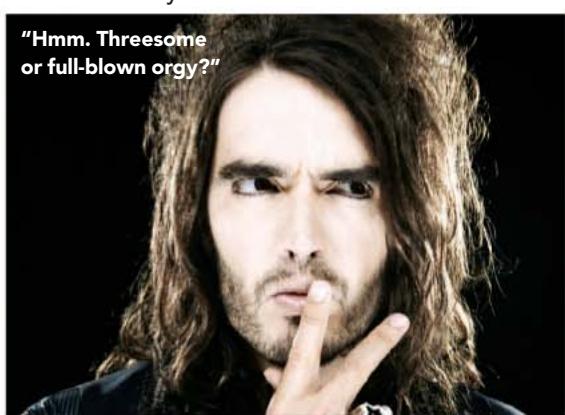
SPORT It's the third of the tournament's quarter-finals, in Cape Town, and with a bit of luck, England will be just about to stride out onto the pitch as a semi-final berth edges closer. Well, either that or Germany will be. Pah! **★★★★★**



"That's it, we're never flying Ryanair again"

Star Trek **Sky Movies Premiere/HD, 9.45pm**

FILM Lost director JJ Abrams gets in touch with his inner Trekkie to give us this top prequel. Featuring breathtaking visuals and brilliant action scenes, the classic is well and truly dragged into the 21st century. Chris Pine stars. **★★★★**

**Russell Brand: Scandalous**

Channel 4, 10pm

COMEDY The curiously coiffured comic fires off a load of gags and trademark musings to an appreciative London crowd from last year's Scandalous tour. Brilliant! **★★★★**

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Nuts TV

BBC
ONE

6am
6.00am **SPORT** Yesterday at Wimbledon: Highlights of the ladies' singles final. **7.00** Breakfast **9.00** The Andrew Marr Show **10.00** The Big Questions **11.00** Country Tracks **12.00noon** BBC News **12.05pm** EastEnders **1.30** **MUST-SEE** Wimbledon **2010: Fury ball-bothering with the men's singles final at SW19** **6.20** Great British Railway Journeys: The Lake District. (R) **6.50** BBC News, Regional News, Weather

BBC
TWO

6.00am CBeebies **7.00** CBBC **10.00** Something for the Weekend **11.30** Escape to the Country (R) **12.30pm** **LIVE** MotoGP: The Catalunya Grand Prix. **2.00** **FILM** Dragonslayer: Fantasy adventure starring Peter MacNicol. **3.40** Flog It! (R) **4.25** Songs of Praise **5.00** Coast (R) **5.20** James May's Toy Stories (R) **6.20** **LIVE** Wimbledon 2010: The mixed doubles.

itv
1

5.30am ITV News **6.00** GMTV **9.25** Coronation Street **11.45** News, Weather **11.59** London Weather **12.00noon** This Morning: Sunday **1.00pm** House Gift (R) **2.00** **FILM** Columbo: A Bird in the Hand: Murder mystery. **4.00** Agatha Christie's Poirot (R) **6.00** Ladies of Letters **6.30** Regional News, Weather **6.45** ITV News

4

6.10am The Hoobs (R) **7.00** Catching the Impossible: The presenters are joined by John Wilson. **7.55** **SPORT** British Triathlon Grand Prix: The Windsor Triathlon. **8.50** **T4**: The Hills (R) **9.20** Friends (R) **9.50** Hollyoaks **12.20pm** Big Brother's Little Brother **1.30** The Simpsons (R) **2.00** **T4** on the Beach 2010: Coverage of the gig from Weston-super-Mare. OK, it's hardly Glastonbury, but Dizzee Rascal's among the performers. **5.45** Deal or No Deal: Box-based game show. **6.30** News

FIVE

6.00am Milkshake! **10.00** Shake! **11.10** Zoo Days (R) **11.20** Family Food Fight (R) **11.50** Chinese Food in Minutes (R) **12.20pm** Riddle of the Romanovs: Revealed (R) **1.25** **FILM** Quo Vadis?: Romantic epic starring Robert Taylor and Deborah Kerr. **4.40** **FILM** Clash of the Titans: Fantasy adventure starring Harry Hamlin and Laurence Olivier. **6.50** Five News **6.55** **FILM** Ghostbusters: Classic comedy starring Bill Murray.

6am

7pm

1am

7.15 Countryfile
Including Weather for the Week Ahead. Let's save them the hassle. It'll rain.
8.15 Antiques Roadshow
More old relics value more old relics. (R)
9.15 Who Do You Think You Are?
Brooke Shields traces her ancestry.

10.00 BBC News, Regional News, Weather
10.25 The Impressions Show with Culshaw and Stephenson
People go around sounding like other people. Wouldn't work on the radio. (R)
10.55 Dragonfly
FILM A recently widowed doctor is disturbed by strange events and becomes convinced his dead wife is trying to contact him. Pesky ghosts.
12.30am The Sky at Night
Monocle-based moon-gazing.
12.55 Sign Zone: Mary, Queen of Shops (R)

8.00 Top Gear
MUST-SEE Jezza, Captain Slow and The Hamster host more brilliant car-based buffoonery.
9.00 How to Build a Jumbo Jet Engine
Best Sky+ this - you just never know when it might come in handy.

10.00 Mock the Week
Topical fun with Chris Addison, Ed Byrne and Micky Flanagan. (R)
10.30 Today at Wimbledon
SPORT The last day of the famous racket-wafting event.
11.30 2 Days in Paris
PREMIERE Bittersweet romantic comedy with Julie Delpy and Adam Goldberg. No thanks.

7.00 Gazza's Tears: The Night That Changed Football
MUST-SEE The story of England's semi-final against West Germany at Italia '90, featuring interviews with Gazza, among others.

8.00 Emmerdale
Crop-growing crud.
8.30 Coronation Street
Episode 7,373 and counting. Aargh!
9.00 Lewis
Another dose of brutal murders on the mean streets of, er, Oxford. (R)
11.00 ITV News, Weather
11.15 World Cup Rock 'n' Goal Years
SPORT Stories from the 1986 tournament in Mexico, featuring the dreaded "Hand of God".
11.45 World Cup Rock 'n' Goal Years
SPORT The 1998 tournament, and more England misery. (R)
12.15am Nightwatch with Steve Scott: Crime (R)

7.00 River Cottage
Preparations for the strawberry fete get under way. Ooh, it's just so exciting! (R)
8.00 Come Dine with Me
"This meat's like leather!" etc.
9.00 Big Brother
More of the housemates bickering and bonding. But mainly bickering. Excellent.

10.00 Alan Carr: Chatty Man
The toothy comedian chats to the cast of the *Twilight* films. One for the missus.
11.05 The IT Crowd
Moss becomes a celebrity following his success on a TV game show. (R)
11.40 Stand Up for the Week
With Rich Hall and Jack Whitehall. (R)
12.30am 8 Out of 10 Cats
With Denise Lewis, Gabby Logan, Johnny Vaughan and John Bishop. (R)

9.00 Be Kind Rewind
PREMIERE A pair of small-town friends shoot their own slapdash versions of Hollywood films after a video store's tapes are erased. Jack Black's in it, but you knew that.

11.05 The Woods
PREMIERE A troubled teenager is enrolled at a private boarding school, only to discover that a number of students have gone missing and that there is something lurking in the nearby woods. Apparently, she's not happy with these developments. Patricia Clarkson stars.

12.50am SuperCasino
Cash-guzzling game.

1.55 Children's Emergency (R) 2.25
Make Me a New Face: Hope for Africa's Hidden Children (R) **3.25** Holby City (R) **4.25-6.00am** BBC News

1.05am **FILM** Vatel: Historical drama starring Gerard Depardieu, Uma Thurman and Tim Roth. **2.40** BBC News **3.50-4.20am** **SPORT** The Super League Show

1.05 The Zone 2.30 **SPORT** Motorsport UK **3.20-5.30am** ITV Nightscreen

1.00 Big Brother: Live 2.55 **FILM** The Sound of Fury: Film noir thriller starring Lloyd Bridges. **4.25** Countdown (R) **5.10-6.00am** Hill Street Blues (R)

4.05 Nick's Quest (R) **4.55** The Family Recipe (R) **5.00** Hana's Helpline (R) **5.10-6.00am** Milkshake!

REGIONAL VARIATIONS
BBC1 WALES: 10.25pm Tom Jones at 70 **11.00** **FILM** Dragonfly: Supernatural drama with Kevin Costner. **12.35-12.55am** The Sky at Night **STV: 9.00pm** **FILM** The Nutty Professor: Comedy remake with Eddie Murphy and James Coburn. **12.15am**

Roulette Nation **1.00** Nightwatch with Steve Scott: Emergency **2.00-5.30am** The Nightshift **ULSTER: 11.14pm** Pollen Count **11.45** Creature Comforts **12.00m't** Brain Box **3.00am** Creature Comforts **3.10-3.20am** Creature Comforts

TODAY'S SPORT

sky SPORTS 1

6.00am Cricket (HD) **8.00** World Cup Report **8.30** Football's Greatest **9.00** Cricket Writers on TV **10.30** Cricket (HD) **12.30pm** Football's Greatest **1.00** Cricket Writers on TV **2.30** **LIVE** Cricket: Yorkshire Carnegie vs Warwickshire Bears. (HD) **6.00** World Cup Report **6.30** Football's Greatest **7.00** **LIVE** Rugby League: Catalans Dragons vs Wigan, kick-7.15pm. (HD) **9.30** Football's Greatest **10.00** World Cup Report **10.30** Football's Greatest **11.00** Time of Our Lives **12.00m't** Football's Greatest **12.30am** Cricket (HD) **2.30** Football's Greatest **3.00** World Sport **3.30** Rugby League (HD) **5.00** FIFA Futbol Mundial **5.30-6.00am** Football's Greatest

sky SPORTS 2

6.00am Golf (HD) **11.00** Golf **12.00noon** Race World **1.00pm** Rugby League (HD) **2.30** Football's Greatest **3.00** **LIVE** Goodwood Festival of Speed: The annual event from West Sussex, featuring displays of classic vehicles, Formula 1 cars and planes. (HD) **5.00** **LIVE** Masters Football: The Mersey Masters from Liverpool, featuring former players from Everton, Liverpool, Wigan, Tranmere, Preston and Blackpool. (HD) **8.00** Cricket: Yorkshire Carnegie vs Warwickshire Bears. (HD) **10.00** This Week in WWE: Bouts from Raw, Smackdown and NXT. (HD) **10.30** WWE: Late Night - Afterburn (HD) **11.30** WWE: Vintage Collection **12.30am** Rugby League (HD) **2.00-5.00am** Masters Football (HD)

ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

FILM4 (315)

7.00pm Fantastic Four: Fantasy adventure starring Jessica Alba. **9.00** Four Weddings and a Funeral: Oh no - it's that horrible Hugh Grant comedy! **11.15** Jackie Brown: Quentin Tarantino's comedy drama starring Pam Grier. **2.10-4.00am** Disco Pigs: Drama starring Elaine Cassidy.

COMEDY CENTRAL (126)

5.00pm Two and a Half Men **8.00** **FILM** Maid in Manhattan: Romantic comedy starring Jennifer Lopez. **10.00** Dara O'Briain: Live at the Theatre Royal: A top gig from the baldy Mock the Week man.

ESPN

7.00pm DTM Racing **8.30** F1A GT1 World Championship **10.00** Ultimate Fighting Championship **12.30am** Press Pass 2010 **1.30** The Ultimate Fighter **2.30-6.00am** Ultimate Fighting Championship

11.20 Two and a Half Men **12.20am** 30 Rock **1.20** Scrubs **2.20** South Park **3.20** Dirty Sexy Funny: Olivia Lee **3.50** Scrubs **4.15** Shortcuts Shuffle **4.20** Everybody Loves Raymond **5.10-6.00am** Frasier

BBC3 (115)

7.00pm Great Movie Mistakes **7.15** **FILM** Casanova **9.00** Russell Howard's Good News **10.00** **MUST-SEE** Family Guy: A special double-length episode with a Star Wars theme. Brilliant! **10.45** Lee Nelson's Well Good Show **11.15** Mongrels **11.45** Bizarre ER **12.15am** Big Meets Bigger **1.15** Russell Howard's Good News **2.10** Lee Nelson's Well Good Show **2.40** Mongrels **3.10** Bizarre ER

3.40 **SPORT** World Cup's Most Shocking Moments **4.10-5.10am** Big Meets Bigger

E4 (136)

7.00pm One Tree Hill **8.00** Friends **9.00** Desperate Housewives **11.00** **FILM**

Footloose: Teen musical starring Kevin Bacon. **1.05-6.00am** Big Brother: Live

DAVE (111)

7.00pm Crash **8.00** Dragons' Den: On Tour: The Dragons continue their travels around the UK. **9.00** Mock the Week: Loads of episodes. **1.40am** Totally Viral **2.30-3.00am** And Then You Die

MTV ONE (350)

6.30pm Randy Jackson's America's Best Dance Crew **7.30** 16 and Pregnant **9.00** The Hills **9.30** The City **10.00** Blue Mountain State **10.30** The Osbournes **11.30** South Park **1.30am** 16 and Pregnant **3.00-6.00am** MTV Playlist

VIRGIN 1 (121)

7.00pm Home Video Heroes **8.00** VermiNators **9.00** Sun, Sea and A&E **10.00** Most Shocking **11.00** Sexcetera: Aspects of human sexuality. **12.00m't**

sky1

6.00am Hour of Power (HD) **7.00** Lion Man (R) **7.30** Glenn Martin, DDS (R)(HD) **8.00** Oops TV (R) **9.00** Road Wars (R) **10.00** **SPORT** WWE Superstars (R) **11.00** **SPORT** WWE: Experience (R) **12.00noon** Steve Jones in the Jones Boys' Amazon Adventure (R)(HD) **1.00pm** Modern Family (R)(HD) **2.00** Oops TV (R) **3.00** Fat Pets, Fat Owners (R) **4.00** UK Border Force (R)(HD) **5.00** Futurama (R)(HD) **6.00** The Simpsons (R)(HD)

7.00 Pineapple Dance Studios
Twirling twaddle. (R)(HD)

8.00 Fat Families:
Second Helpings

Steve Miller revisits three people who weighed a combined 62 stone when he first met them. Blimey – it's a wonder they could fit through the door! (R)(HD)

9.00 House

The grumpy medic treats an agoraphobic who refuses to leave his home. (R)(HD)

10.00 House

Foreman tackles a paediatric case unassisted. The rebel. (R)(HD)

11.00 Fringe

Olivia returns from her journey, but is being pursued by a mysterious entity that will stop at nothing to find her. (R)(HD)

12.00m't Fringe

Walter tries to crack the code for travelling between realities. Now come on – how difficult can it *really* be? (R)(HD)

1.00 **FILM** Swamp Devil **2.40** Road Wars **3.30** Ross Kemp on Gangs **4.20** Guinness World Records **5.10-6.00am** **FILM** Are You Smarter Than a 10 Year Old?

Challenge Jackpot **3.00am** Ninja Warrior **4.00-5.00am** Body in Numbers

SYFY (129)

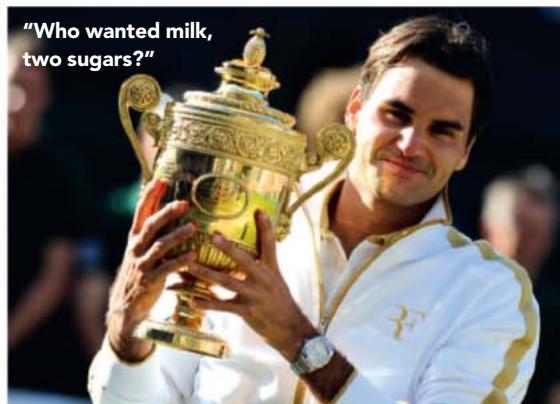
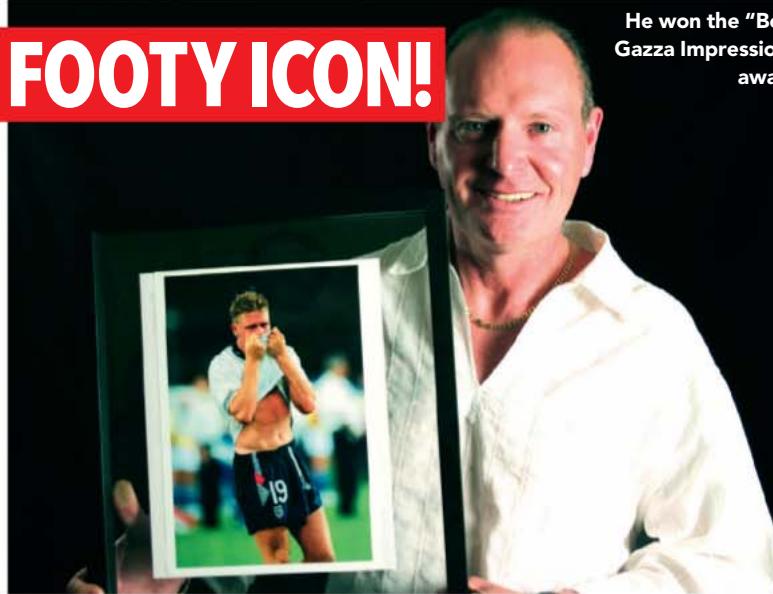
6.20pm **FILM** 30,000 Leagues Under the Sea: Underwater thriller. **8.00** **FILM** Shark Attack: Teen adventure thriller. **9.40** **FILM** Silent Venom: Action thriller starring Luke Perry and Krista Allen. **11.20** **FILM** Thrill Seekers: Sci-fi thriller starring Casper Van Dien. **1.10am** The Invisible Man **2.10** 3rd Rock from the Sun **3.00** Medium **4.00-6.00am** **FILM** Nature of the Beast: Werewolf comedy drama starring Eddie Kaye Thomas.

FX (164)

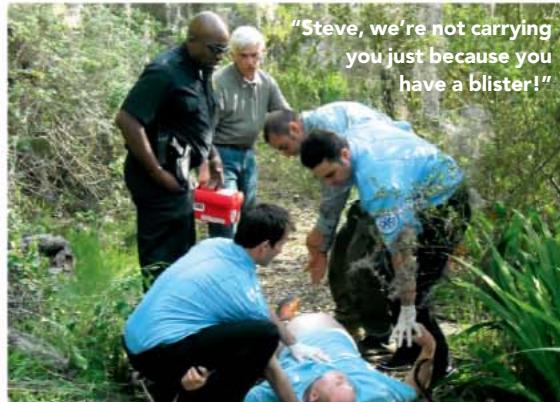
7.00pm NCIS **9.00** Nip/Tuck **10.00** Brotherhood: Michael becomes suspicious of Kath and Colin's relationship. **11.00** Life **12.00m't** Family Guy: Brilliant cartoon laughs with the Griffins. **1.00am** Dexter **3.00-4.00am** ReGenesis

TODAY'S MUST-SEES**FOOTY ICON!**

He won the "Best Gazza Impression" award

**Wimbledon 2010** **BBC1, 1.30pm**

SPORT We don't really care much about this, especially in World Cup year, but we'll be cocking an interested eye to the men's final this afternoon – won last year by Roger Federer (above) – in case a certain Mr A Murray is contesting it. ★★★

**I'm Alive** **Discovery, 9pm**

DOCU Two more locations, two more jaw-dropping tales of survival. In Florida, a pesky rattlesnake leaves a bloke fighting for life, while in Hawaii, a crocodile needlefish decides it'd be a laugh to impale a man in the chest. Ouch! ★★★★

Gazza's Tears

ITV1, 7pm

DOCU As England's World Cup semi-final against West Germany at Italia '90 came to a head, Paul Gascoigne was yellow-carded, excluding him from the final should England have made it through. What happened next has become a part of modern football folklore – Gazza's tears on the pitch, Lineker mouthing the words "have a word with him" to the bench, and the team's exit. This tells the tale of the night that made, and ultimately destroyed, a footballing legend. ★★★★

**Top Gear** **BBC2, 8pm**

CARS The trio look for a reliable family car that they can also burn around Germany's Nürburgring in. Meanwhile, Alastair Campbell's the berk in the all-new Reasonably Priced Car. Can he beat The Stig's time? Doubt it! ★★★★

**Family Guy** **BBC3, 10pm**

COMEDY Another series of the best show on TV draws to a close, but don't worry, there's an ace double-episode to round things off in style! It's a glorious rip-off of *The Empire Strikes Back*, so expect mickey-taking gags galore! ★★★★

BBC ONE

6am
6.00am Breakfast **9.15** The Estate We're In **10.00** Homes Under the Hammer **11.00** Real Rescues **11.45** Cash in the Attic (R) **12.15pm** Bargain Hunt **1.00** BBC News, Weather **1.30** Regional News, Weather **1.45** Doctors **2.15** Murder, She Wrote (R) **3.00** BBC News, Weather, Regional News **3.05** CBeebies **3.25** CBBC **5.15** Weakest Link (R) **6.00** BBC News, Weather **6.30** Regional News Programmes, Weather

BBC TWO

6.00am CBeebies **7.00** CBBC **8.30** CBeebies **10.30** **SPORT** Yesterday at Wimbledon **11.30** Animal Park (R) **12.00noon** Daily Politics **12.30pm** Working Lunch **1.00** The World at War (R) **1.50** Hands on Nature (R) **2.00** Open Gardens (R) **2.30** Ready Steady Cook (R) **3.00** Diagnosis Murder (R) **3.45** Flog It! From Kent (R) **4.30** **NEW** Escape in Time **5.15** Escape to the Country (R) **6.00** Eggheads **6.30** Antiques Road Trip (R)

ITV 1

5.30am ITV News **6.00** GMTV **9.25** The Jeremy Kyle Show **10.30** This Morning **12.30pm** Loose Women **1.30** ITV News **1.55** Regional News **2.00** Dickinson's Real Deal **3.00** **NEW** Celebrity Pressure Cooker: *Celebrities try to cook in the style of a professional chef.* **4.00** Midsummer Murders (R) **5.00** The Chase **6.00** Regional News, Weather **6.30** ITV News

4

6.00am The Hoobs (R) **6.50** Big Brother's Little Brother (R) **7.45** Big Brother (R) **8.45** Melanie and Denise's 5 O'Clock Show (R) **9.45** Deal or No Deal (R) **10.30** Everybody Loves Raymond (R) **10.55** Friends (R) **11.55** **SPORT** Kicking Ahead: The Power of Sport: *The Football for Hope tournament.* (R) **12.00noon** Channel 4 News Summary **12.05pm** The TV Book Club **12.35** Will & Grace (R) **1.00** Come Dine with Me (R) **3.25** Countdown **4.10** Deal or No Deal **5.00** Vernon Kay's 5 O'Clock Show **6.00** The Simpsons (R) **6.30** Hollyoaks

FIVE

6.00am Milkshake! **9.45** Michaela's Animal Road Trip (R) **10.45** Trisha Goddard (R) **11.45** CSI: Crime Scene Investigation (R) **12.40pm** Five News **12.45** Extreme Fishing with Robson Green (R) **1.45** Neighbours **2.15** Home and Away **2.50** Animal Rescue Squad (R) **3.05** **FILM** First Daughter: *Thriller* starring Mariel Hemingway **5.00** Five News, Weather **5.30** Neighbours (R) **6.00** Home and Away (R) **6.25** Live from Studio Five

6am

7pm

1am

7.00 Countryfile Summer Special

Welly-based rubbish.

8.00 EastEnders

Another round of Cockney jabbering.

8.30 Panorama

Doc about the British school system. Come back World Cup! Quick!

9.00 Crimewatch

Help nobble some more crims here.

10.00 BBC News, Weather

10.35 Crimewatch Update

Any of them banged up yet?

10.45 7/7: Saved By a Miracle?

Doc focusing on the lucky people who avoided death during the 7/7 bombings due to random events.

11.25 Annapolis

FILM Military drama starring James Franco as a working-class recruit who enters the prestigious Annapolis naval academy's notorious boxing tournament. Kapow!

7.00 South Africa Walks

It's back to South Africa! But there's no football. Booooooooooooooo!

7.30 Hampton Court Palace Flower Show 2010

NEW Floral faffing from the famous London show.

8.00 University Challenge

NEW Brainy head-scratching with Paxo asking the questions.

8.30 Antiques Master

NEW Quiz between antiques anoraks, sorry, "experts".

9.00 Mary, Queen of Shops

10.00 Rev

Adam sees an opportunity to appease the Archdeacon over his small collections.

10.30 Newsnight

11.20 How to Build a Jumbo Jet Engine

Turns out it's quite tricky. Who knew? (R)

12.20am BBC Samuel Johnson Prize for Non-Fiction

The winner is revealed. (R)

7.00 Emmerdale

Leyla finds the DVD of David and Tania. Please be what we think it is!

7.30 Coronation Street

This would usually be bumped by the World Cup. No more rest days please!

8.00 Countrywise

Rural rubbish. For sheep lovers only.

8.30 Coronation Street

Round two? Give us strength!

9.00 Identity

NEW Police drama about stolen identity and starring Keeley Hawes and Aiden Gillen.

10.00 ITV News

10.35 Mad Max Beyond Thunderdome

FILM Futuristic action caper starring Mel Gibson as post-apocalyptic badass Mad Max. This is the one with Tina Turner in it. Barmy!

12.30am The Zone

7.00 News

7.55 4thought.tv

NEW How religion can help people through tough times.

8.00 Big Brother

All the latest screeching from the house.

9.00 The Sex Education Show: Am I Normal?

NEW Anna Richardson and Radha Modgil help members of the public air embarrassing sexual questions. Don't bother with this, just read *The Truth About Sex* in this very issue of *Nuts!*

10.00 Underage and Having Sex

Doc about teenagers who have had sex while underage. Self explanatory really!

11.05 Being N-Dubz

Dappy goes missing on the way to an awards ceremony in Greece. Uh-oh!

11.40 Alan Carr: Chatty Man

The comedian chats to the cast of the *Twilight* films. One for the missus. (R)

12.40am Big Brother: Live

More live tantrums and tear-ups.

7.30 How Do They Do It?

How Cold War military hardware is being recycled into modern gear like mobile phones and TVs. Clever. (R)

8.00 Police Interceptors

The team is forced to intervene when a man is assaulted by his wife in the street. Should have put the seat down mate.

9.00 Extraordinary People: The Girls Who Share a Head

The story of a pair of conjoined Bangladeshi twins. Sensitive title, eh?

10.00 Philadelphia

FILM Oscar-winning drama starring Tom Hanks and Denzel Washington. A gay lawyer takes his firm to court when he is sacked after his colleagues discover he has Aids.

12.30am Cops in Crisis

More dangerous police work as the boys in blue find themselves in the firing line once again. Never a dull moment. (R)

1.05am Sign Zone: The Genius of Design **2.05** Cracking Antiques **2.35** Museum of Life **3.35** Put Your Money Where Your Mouth Is **4.35-6.00am** BBC News

1.20-4.35am BBC News

2.35 The Jeremy Kyle Show (R) **3.30-5.30am** ITV Nightscreen

5.15-6.00am Win My Wage (R)

1.00 SuperCasino **4.05** Nick's Quest **4.30** Nick's Quest **4.55** Rough Guide to Beaches **5.10** The New Tomorrow **5.35-6.00am** Michaela's Wild Challenge

REGIONAL VARIATIONS
BBC1 NORTHERN IRELAND: **10.35pm** For Queen and Country **11.05** Crimewatch Update **11.15** **7/7: Saved By a Miracle?** **11.35** The Graham Norton Show **11.55** Sky High **12.05am** Sign Zone: DIY SOS **12.35-1.05am** Sign Zone: Grow Your Own Drugs

BBC1 WALES: **10.45pm** X-Ray **11.15** **7/7: Saved By a Miracle?** **11.55** **FILM** Annapolis **1.35-2.05am** Sign Zone: Panorama **BBC2 SCOTLAND:** **11.00-11.20pm** Newsnight Scotland, Weather **BBC2 NORTHERN IRELAND:** **10.00pm** Imeall Geal **11.20** Cad Éan

Scéal 11.25 Áit is Ansa **11.30** Rev **12.00m't** How to Build a Jumbo Jet Engine **1.00-4.35am** BBC News **BBC2 WALES:** **7.00-7.30pm** Angel of the Valleys **STV:** **9.00pm** Taggart **10.35** The Lakes **11.05** Casa nam Moireasdanach **11.40** Cocairean **12.10am**

Roulette Nation **1.00** The Jeremy Kyle Show **2.00-5.30am** The Nightshift **ULSTER:** **10.30** Live Tonight **11.00** Supersize Teens: Can't Stop Eating **12.00m't-2.35am** Brain Box **ITV1 WALES:** **8.00pm** The Ferret

TODAY'S SPORT

sky SPORTS 1

6.00am Good Morning Sports Fans **7.00** World Cup Report **7.30** Good Morning Sports Fans **8.00** World Cup Report **8.30** Good Morning Sports Fans **9.00** Football's Greatest **9.30** Masters Football (HD) **12.30pm** Football's Greatest **1.00** Rugby League (HD) **2.30** Cricket (HD) **4.30** **LIVE** Cricket: Twenty20 slogging with Pakistan vs the Aussies. (HD) **8.30** Football's Greatest **9.00** Football **11.00** Soccer AM: The Best Bits **12.00m't** Football's Greatest **12.30am** Cricket **2.30** Sports Unlimited **3.30** Watersports World **4.30** Max Power **5.30-6.00am** FIFA Futbol Mundial

sky SPORTS 2

6.00am Aerobics **6.30** WWE: Bottom Line (HD) **7.30** Golf (HD) **2.00pm** Golf **3.00** Golf (HD) **4.30** Rugby League (HD) **6.00** Football's Greatest **6.30** Motorsport (HD) **7.30** **LIVE** Speedway: Coverage of another high-speed meeting from the Elite League. Vroom vroom! (HD) **9.30** Fishing Gurus **10.00** Cricket: The match between Pakistan and Australia. (HD) **12.00m't** Boots 'n' All: The latest super league action and reaction. **1.00am** Golf: Action from the Open de France at Le Golf National in Paris. **2.00** Golf (HD) **3.00** Wonderful World of Golf **4.30-5.30am** PGA Tour Classic

ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

FILM4 (315)

6.50pm Crocodile Dundee II: *Comedy adventure sequel starring Paul Hogan and Linda Kozlowski.* **9.00** Eragon: *Fantasy adventure starring Edward Speleers and Jeremy Irons.* **11.00** Out of Time: *Crime thriller starring Denzel Washington and Eva Mendes.* **1.05-3.35am** *The Serpent: French thriller starring Yvan Attal.*

COMEDY CENTRAL (126)

7.00pm The King of Queens **8.00** Frasier **9.00** Two and a Half Men **10.00** Lee Evans XL Tour **11.20** Sex and the City **12.35am** Two and a Half Men **1.35** South

7.00pm

Press Pass **2010 8.00** NFL Classics **11.00** South Africa Nightly **11.30** FIA GT1 World Championship Review **12.30am** Press Pass **2010 1.30** Basketball: FIBA World Magazine **2.00-5.00am** NFL Classics

ESPN

7.00pm Press Pass **2010 8.00** NFL Classics **11.00** South Africa Nightly **11.30** FIA GT1 World Championship Review **12.30am** Press Pass **2010 1.30** Basketball: FIBA World Magazine **2.00-5.00am** NFL Classics

Park 2.35

The Office: An American Workplace **3.05** Two and a Half Men **4.05** Shortcuts Shuffle **4.20** The King of Queens **5.10-6.00am** Frasier

BBC3 (115)

7.00pm All New Total Wipeout **8.00** Snog, Marry, Avoid? **8.30** Hotter Than My Daughter **9.00** Gavin & Stacey **9.30** Lee Nelson's Well Good Show **10.00** EastEnders **10.30** Bizarre ER **11.05** Family Guy **11.50** Gavin & Stacey **12.20am** Lee Nelson's Well Good Show **12.50** Snog, Marry, Avoid? **1.20** Hotter Than My Daughter **1.50** Bizarre ER **2.20** Peckham Finishing School for Girls **3.20** All New Total Wipeout **4.20** The Real Hustle on Holiday **5.20-5.30am** **SPORT** World Cup's Most Shocking Moments

E4 (136)

7.00pm Hollyoaks **7.30** Friends: *Triple bill of the comedy.* **9.00** One Tree Hill

10.00 Being Erica

11.00 Shameless **12.05-6.00am** Big Brother: Live

DAVE (111)

7.00pm Ray Mears' World of Survival **7.40** Have I Got News for You **8.20** Genius **9.00** Men Behaving Badly **12.20am** Never Mind the Buzzcocks **1.00** Rich Hall's Fishing Show **1.40** Totally Viral **2.30-3.00am** And Then You Die

MTV ONE (350)

7.00pm Gossip Girl **8.00** The Hills **9.00** 16 and Pregnant **10.30** Jersey Shore **11.00** Blue Mountain State **12.00m't** South Park **1.00am** Dirty Sanchez: Behind the Seven Sins **2.00** Jersey Shore **3.00-6.00am** MTV Playlist

VIRGIN 1 (121)

7.00pm Star Trek: Voyager **8.00** Passport Patrol **9.00** **MUST-SEE** Chuck: *Chuck trains a new recruit. She's hot as well. Result!*

5 JULY **MONDAY**

**FULL 7
DAY TV
GUIDE!**

sky1

6.00am The Biggest Loser US (R) 7.00 Brainiac: Science Abuse (R)(HD) 8.00 **Oops TV (R) 9.00** Cold Case (R) 10.00 UK Border Force (R)(HD) 11.00 **X-Weighted: Families (R) 12.00noon** Law & Order (R) (HD) 1.00pm Cold Case (R) 2.00 Project Runway (R) 3.00 Stargate SG-1: Double-bill. (R) 5.00 Malcolm in the Middle: Double-bill. (R)(HD) 6.00 Oops TV (R)

7.00 The Simpsons
The one with Bleeding Gums Murphy. (R)

7.30 The Simpsons
Grandpa offers some marital advice. Tread carefully, Homer. (R)

8.00 UK Border Force
Behind the scenes at customs. (R)(HD)

9.00 The Real A&E
Spurting blood and missing limbs. (R)

9.30 Real Fifth Fighters
Send them to the Real A&E at once! (R)

10.00 Law & Order
A man is found dead in a local park. (HD)

11.00 Bones
Booth and Brennan search for the truth behind the death of a dwarf wrestling star. That's right, dwarf wrestling! (HD)

12.00m't Bones
The hunt for an obese couple's murderer gets under way. (HD)

1.00 The Real World: Key West
1.50 Road Wars 2.40 Road Wars 3.30
24.40 Tru Calling 5.10-6.00am
Are You Smarter Than a 10 Year Old?

10.00 MUST-SEE The Life and Times of Tim: Cult cartoon capers. **10.35 Room 101**
11.10 Most Shocking 12.00m't Challenge Jackpot **3.00am** Man's Work **4.00-5.00am** Pyramid Game with Donny Osmond: Game show.

SYFY (129)
7.00pm Smallville **8.00 FILM** Dungeons & Dragons 2: The Elemental Might. **10.00 FILM** DragonHeart: Fantasy adventure starring Dennis Quaid. **12.00m't FILM** Dragon Hunter: Fantasy action adventure. **2.00am** Buffy the Vampire Slayer **3.00** Medium **4.00** Angel **5.00-6.00am** Smallville

FX (164)
7.00pm NCIS **9.00** Family Guy **9.30** American Dad! **10.00** Final 24 **11.00** Brotherhood **12.00m't** Farscape **1.00am** Babylon 5 **2.00** ReGenesis **3.00-4.00am** Charlie Jade

TODAY'S MUST-SEES

COOL TOON!



Chuck

Virgin1, 9pm

DRAMA The spy has to balance taking on his first intelligence asset with training a new member of the Nerd Herd. We'd feel a bit sorry for him, but the new recruit's the ludicrously hot Kristin Kreuk! Beat that, Mr Bond! ★★★★



Blood: The Last Vampire

Sky Movies Premiere/HD, 11.55pm

FILM Saya looks like a regular schoolgirl but is in fact 400 years old, half vampire and likes killing actual blood-suckers! A welcome antidote to those absolutely rubbish *Twilight* drip-fests. ★★★★

The Life And Times Of Tim

Virgin1, 10pm

COMEDY Newcomers to this may find the experience a little like watching the 2010 World Cup. You start off feeling slightly underwhelmed and then – wham! – it suddenly becomes ace out of nowhere. A new series of the cartoon comedy following a New Yorker who continually gets himself into awkward situations begins with his post break-up beard proving unpopular at the office. Stick with it! ★★★★



Mystery Investigator: Olly Steeds

Discovery, 10pm

DOCU The explorer drops in on former French Guianan penal colony Devil's Island – the most notorious nick of all time. Scary! ★★★★

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BBC
ONE

6am
6.00am Breakfast 9.15 The Estate We're In 10.00 Homes Under the Hammer 11.00 Real Rescues 11.45 Cash in the Attic (R) 12.15pm Bargain Hunt 1.00 BBC News, Weather 1.30 Regional News, Weather 1.45 Doctors 2.15 Murder, She Wrote (R) 3.00 BBC News, Weather, Regional News 3.05 CBeebies 3.25 CBBC 5.15 Weakest Link: General knowledge quiz, (R) 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather

BBC
TWO

6.00am CBeebies 7.00 CBBC 8.30 CBeebies 11.10 The Flintstones (R) 11.35 The Flintstones (R) 12.00noon Daily Politics 12.30pm Working Lunch 1.00 The World at War (R) 1.50 Hands on Nature 2.00 Open Gardens (R) 2.30 Ready Steady Cook (R) 3.00 Diagnosis Murder (R) 3.45 Flog It! (R) 4.30 Ben Fogle's Escape in Time 5.15 Escape to the Country (R) 6.00 Eggheads 6.30 Antiques Road Trip: From Edinburgh. (R)

itv
1

5.30am ITV News 6.00 GMTV 9.25 The Jeremy Kyle Show 10.30 This Morning 12.30pm Loose Women 1.30 ITV News 1.55 Regional News 2.00 Dickinson's Real Deal 3.00 Celebrity Pressure Cooker 4.00 Midsomer Murders: Detective drama, (R) 5.00 The Chase: Quiz show hosted by Bradley Walsh. 6.00 Regional News, Weather 6.30 ITV News

4

6.00am The Hoobs (R) 6.50 Big Brother's Little Brother 7.20 Big Brother (R) 8.15 Frasier (R) 8.45 Vernon Kay's 5 O'Clock Show (R) 9.45 Deal or No Deal (R) 10.30 Everybody Loves Raymond (R) 10.55 Friends (R) 11.55 SPORT Kicking Ahead: The Power of Sport (R) 12.00noon Channel 4 News Summary 12.05pm Relocation, Relocation (R) 1.00 Come Dine with Me (R) 3.25 Countdown: With Gino D'Acampo. 4.10 Deal or No Deal 5.00 Vernon Kay's 5 O'Clock Show 6.00 The Simpsons (R) 6.30 Hollyoaks

FIVE

6.00am Milkshake! 9.45 Michaela's Animal Road Trip (R) 10.45 Trisha Goddard (R) 11.45 CSI: Crime Scene Investigation (R) 12.40pm Five News 12.45 Extreme Fishing with Robson Green (R) 1.45 Neighbours 2.15 Home and Away 2.50 Animal Rescue Squad (R) 3.05 FILM Confessions of a Young Bride: Romantic comedy. 5.00 Five News 5.30 Neighbours (R) 6.00 Home and Away (R) 6.25 Live from Studio Five

6am

7pm

1am

7.00 Match of the Day Live: 2010 FIFA World Cup
LIVE Hooray, the football's back! It's the first semi-final from the Cape Town Stadium. Kick-off's at 7.30pm. Oh, and it might be on ITV1 instead.

10.00 BBC News, Weather
10.35 Imagine
Alan Yentob meets Welsh crooner Tom Jones, who recently celebrated his 70th birthday. If you're into leather-faced hip-thrusting, this'll be right up your alley.

11.35 Tom Jones at Glastonbury
Footage of the singer's Sunday teatime slot on the Pyramid Stage at the 2009 festival. Hmm, enough Jones maybe? (R)

12.40am Sign Zone: Are You Having a Laugh? TV and Disability
Irreverent documentary exploring how TV has portrayed disability. (R)

1.40 Grow Your Own Drugs (R) 2.10 Put Your Money Where Your Mouth Is (R)
3.10 Raymond Blanc: Kitchen Secrets (R)
3.40-6.00am BBC News

7.00 Antiques Master
An antiques challenge? What could be more exciting? BBC1? Er, yes! (R)
7.30 University Challenge (R)
8.00 How to Beat Tough Times: Money Watch
NEW How not to chuck your hard-earned cash down the pan.

9.00 Miranda
Miranda takes a tango lesson, but things do not go according to plan. Sounds hilarious doesn't it? Sigh. (R)
9.30 Top Gear
Alastair Campbell tries out the new Reasonably Priced Car. (R)
10.30 Newsnight
11.20 Match of the Day: 2010 FIFA World Cup
SPORT All the goal-snaffling highlights of the opening semi-final, held at the Cape Town Stadium in South Africa. Plus Motty looking lost.
12.20am Stephen Fry on Wagner
The life and music of Richard Wagner. (R)

7.00 Emmerdale
Sheep-shearing misery. Football please.
7.30 Children's Hospital
A 12-week-old girl has surgery.
8.00 Piers Morgan On
The journalist and TV presenter visits Las Vegas, where he chats to Paris Hilton and goes gambling with Sylvester Stallone. Hard life, eh, Piers? (R)
9.00 Taggart
The search for an abducted student leads nowhere until a psychic turns up. (R)

10.00 ITV News
10.35 World Cup Highlights
SPORT Highlights from today's semi-final action.
11.40 October Road
A man seeks revenge on Nick for making him the star of a comic book. Um, OK?
12.25am The Zone
Interactive game show.

7.00 News
7.55 4thought.tv
8.00 Gok's Fashion Fix
More frock-based flouncing.
9.00 The Sex Education Show: Am I Normal?
The students of Glenthorne School receive lessons in female anatomy. Ace!

10.00 Big Brother
The latest make-ups and meltdowns.
11.10 The Good Wife
An undercover cop is killed after testifying against his colleagues in court. Rat.
12.10am The Poker Lounge
SPORT Card-flipping action from a tournament heat, as the tour's top players battled it out for a chance to win the first prize of \$120,000.

7.30 Michaela's Zoo Babies
Michaela Strachan goes all gooey over some chimps. Get a grip, woman! (R)
8.00 Build a New Life: Was It Worth It?
Property guff. Steer well clear.

9.00 CSI: Crime Scene Investigation
The team get involved when a family disappear without a trace.

10.00 CSI: Miami
Lock up your vodka – Russian mobster Ivan Sarnoff escapes from prison. (R)
11.00 CSI: NY
Naff cameo alert – Mac investigates when Kid Rock's limo driver is found dead. (R)
11.55 NCIS
Just in case you hadn't had enough of bizarre, grisly deaths... here's another! (R)
12.55am SuperCasino
Live interactive gaming.

1.05 Big Brother: Live 3.55 **SPORT** KOTV Boxing Weekly 4.20 **SPORT** ITU Triathlon 5.15 **SPORT** The Grid (R) 5.45-6.10am **SPORT** MSA British Rallycross (R)

4.05 Nick's Quest (R) 4.30 House Doctor (R) 4.55 Rough Guide to Cities (R) 5.10 The New Tomorrow (R) 5.35-6.00am Michaela's Wild Challenge (R)

REGIONAL VARIATIONS
BBC1 NORTHERN IRELAND: 10.35pm Joey Dunlop Remembered 11.15 Imagine 12.15-12.40am BBC News BBC2 SCOTLAND: 11.00-11.20pm Newsnight Scotland, Weather BBC2 NORTHERN IRELAND: 10.00pm **SPORT** Colin and Graham's

Excellent Adventures 1.30-3.40am BBC News
BBC2 WALES: 7.00pm Iolo's Wild Times 7.30-8.00pm Welsh Tenors **STV:** 8.00pm Who Wants to Be a Millionaire? 9.00 Single-Handed 10.30 STV News and Weather 11.40 Grimefighters 12.10am

Roulette Nation 1.00 The Jeremy Kyle Show 2.00-5.30am The Nightshift **ULSTER:** 7.59pm UTV Live Update 10.30 UTV Live Tonight 11.00 **SPORT** World Cup Highlights 12.00m't-2.30am Brain Box **ITV1 WALES:** 10.30-10.35pm Wales Tonight, Weather

TODAY'S SPORT

sky SPORTS 1
6.00am Good Morning Sports Fans 7.00 World Cup Report 7.30 Good Morning Sports Fans 8.00 World Cup Report 8.30 Good Morning Sports Fans 9.00 Football's Greatest 9.30 Fishing Gurus 10.00 Speedway (HD) 12.00noon Fishing Gurus 12.30pm Football's Greatest 1.00 Cricket (HD) 3.00 Motorsport (HD) 4.00 Football's Greatest 4.30 **LIVE** Cricket: Twenty20 ball-thunking between Pakistan and Australia. 8.30 Golf 10.00 World Cup Report 10.30 Football's Greatest 11.00 Cricket (HD) 1.00am Football 2.30 Cricket (HD) 4.30-6.00 Football

sky SPORTS 2
6.00am Aerobics 6.30 Ocean Ride 7.00 WWE: Afterburn (HD) 8.00 Boots 'n' All 9.00 Golf 10.00 Golf (HD) 11.00 Wonderful World of Golf 12.30pm PGA Tour Classic 1.30 Boots 'n' All 2.30 Fishing Gurus 3.00 Speedway (HD) 5.00 Motorsport (HD) 6.00 Countdown to the 2010 Ryder Cup 6.30 Football's Greatest 7.00 IRB Rugby World Sevens 10.00 Poker 11.00 Football Asia 11.30 Fishing Gurus 12.00m't Football's Greatest 12.30am Rugby Union 3.30-4.30am Sailing

ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

FILM4 (315)
6.45pm Take the Lead: Dance drama starring Antonio Banderas. 9.00 The Devil Wears Prada: Girly comedy starring Meryl Streep. 11.10 About Schmidt: Black comedy drama starring Jack Nicholson and Kathy Bates. 1.30-3.30am Better Things: British drama starring Liam McIlrath and Rachel McIrrty.

COMEDY CENTRAL (126)
7.00pm The King of Queens 8.00 Frasier 9.00 Two and a Half Men: Charlie dates Jake's teacher. 10.00 Sean Lock: Live at Hammersmith Apollo 11.10 Sex and the City

12.20am Two and a Half Men 1.20 The Office: An American Workplace 2.20 South Park 3.20 Two and a Half Men 4.15 Shortcuts Shuffle 4.20 The King of Queens 5.10-6.00am Frasier

BBC3 (115)
7.00pm Snog, Marry, Avoid? 8.00 Don't Tell the Bride 9.00 The Mighty Boosh 10.00 Russell Howard's Good News 10.30 **MUST SEE** Mongrels: Puppet-based comedy. 11.00 Family Guy 11.45 Bizarre ER 12.15am The Mighty Boosh 1.15 Mongrels 1.45 **SPORT** Match of the Day: 2010 FIFA World Cup 3.25 Russell Howard's Good News 3.55 Bizarre ER 4.25-5.25am Don't Tell the Bride

E4 (136)
7.00pm Hollyoaks 7.30 Friends 9.00 Smallville 10.00 The Ricky Gervais Show 10.35 The Cleveland Show 11.00 King of the Hill 12.00-6.00am Big Brother: Live

DAVE (111)
7.00pm Seaside Rescue 8.10 Dragons' Den: Ideas include an in-car charger for golf trolley batteries. 9.30 Mock the Week 10.10 Ace quiz show with Dara O'Briain. 10.10 QI 10.50 Never Mind the Buzzcocks 11.30 Mock the Week 12.10am QI 12.50 Never Mind the Buzzcocks 1.30 Totally Viral 2.25 Crash Addicts 2.50-3.00am **SPORT** Radical Highs

MTV ONE (350)
7.00pm Gossip Girl 8.00 16 and Pregnant 9.30 The Hills 10.00 Randy Jackson's America's Best Dance Crew 11.00 The Osbournes 12.00m't South Park 1.00am Dirty Sanchez: Behind the Seven Sins 2.00 Jersey Shore: Reality show. 3.00-6.00am MTV Playlist

VIRGIN 1 (121)
7.00pm Star Trek: Voyager 8.00 Nothing to Declare 9.00 Sun, Sea and A&E 10.00

NEW
ISSUE
ON SALE
TODAY!

6 JULY **TUESDAY**

**FULL 7
DAY TV
GUIDE!**

sky1

6.00am The Biggest Loser US (R) **7.00**
Brainiac: Science Abuse (R)(HD) **8.00**
Oops TV (R) **9.00** Cold Case (R) **10.00** UK
Border Force (R)(HD) **11.00** X-Weighted:
Families (R) **12.00noon** Law & Order (R)
(HD) **1.00pm** Cold Case (R) **2.00** Project
Runway: *With Cindy Crawford*. (R) **3.00**
Stargate SG-1 (R) **4.00** Stargate SG-1 (R)
5.00 Malcolm in the Middle: Ida looks
after the boys. (R)(HD) **5.30** Malcolm in
the Middle: *Malcolm refuses to meet*
college recruiters. (R)(HD) **6.00** Oops TV:
Narrated by Justin Lee Collins. (R)

7.00 The Simpsons

Homer joins a shady secret society. (R)

7.30 The Simpsons

Who shot Mr Burns? Classic episode! (R)

8.00 Ouch! Sextuplets

The family celebrate Halloween. (R)

9.00 House

The moody medic treats an agoraphobic
who refuses to leave his home. (R)(HD)

10.00 House

Foreman tackles a paediatric case
unassisted. Naturally he makes of a hash
of it, but can't decide whether to ask
House for help. He'll be all cross! (R)(HD)

11.00 Fat Pets, Fat Owners

Great title, rubbish show. Fatties try to
lose weight by dragging their poor old
pets along for the ride. (R)

12.00m' Oops TV

"Hmm, I'll just leave this rollerskate at
the top of the stairs here. What could go
wro... Yaaaargh!" And so on. (R)

1.00 The Real World: Key West 1.50

Road Wars (R) **3.30 24** (R)(HD) **4.20** Tim
Gum's Guide to Style (R) **5.10-6.00am**
Are You Smarter Than a 10 Year Old? (R)

Brit Cops: Frontline Crime UK **11.00**
Eurotrash: The Sexy Bits **11.30**
Sexarama **12.00m' Challenge Jackpot**
3.00am Booze Britain: Binge Nation
4.00-5.00am Pyramid Game

SYFY (129)

7.00pm Smallville **8.00** **film**
DragonHeart: Fantasy adventure. **10.00**
film Dragonquest: Fantasy adventure
starring Daniel Bonjour. **11.40** **film**
Komodo vs Cobra: Sci-fi horror film
starring Michael Michael Paré. **1.30am**
3rd Rock from the Sun **2.00** Buffy the
Vampire Slayer **3.00** Medium **4.00**
Angel **5.00-6.00am** Smallville

FX (164)

7.00pm NCIS **9.00** Family Guy **9.30**
American Dad! Cartoon. **10.00** Nip/Tuck
11.00 True Blood: Drama. **12.00m'**
Farscape **1.00am** Babylon 5 **2.00**
ReGenesis **3.00-4.00am** Charlie Jade

TODAY'S MUST-SEES

"I'll ask you again.
What did you
think of *Signs*?"



ACTION THRILLER!

"He's very handy for
picking up golf balls!"



Man vs Fish **Discovery, 9pm**

DOCU It's proving pleasurable to sit back and
watch a man wrestle with impossible-to-
land fish so we don't have to. This week, Matt Watson
(above) hunts the elusive dogtooth tuna, well known
for being a tricky little blighter. ★★



Mongrels **BBC3, 10.30pm**

COMEDY Odd, funny, and (we suspect)
possibly inspired by a certain
meerkat ad, this anything-goes, near-the-knuckle
comedy follows the secret lives of a group of rude,
potty-mouthed animal puppets. OK then! ★★

**Edge Of
Darkness**

Box Office/HD, From 6am

FILM When detective Thomas Craven's
(Mel Gibson, left) daughter falls ill, he attempts to take her
to hospital, but she's blasted to death by a shotgun-wielding
assailant on his doorstep. The cop assumes the bullet
was meant for him, but as he examines his daughter's work
for a shadowy nuclear facility, threatening forces come to
the fore. Decent thriller given added weight by an ace turn
from Ray Winstone. ★★★★



"I knew I shouldn't have let
you organise my stag do!"

Spartacus: Blood & Sand

Bravo, 10pm

DRAMA Struggling to cope with his wife's
death, Spartacus decides to take
on six warriors in the arena at the same time. As
opposed to getting raging drunk, presumably! ★★★



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BBC
ONE

6am
6.00am Breakfast 9.15 The Estate We're In 10.00 Homes Under the Hammer 11.00 Real Rescues 11.45 Cash in the Attic (R) 12.15pm Bargain Hunt 1.00 BBC News, Weather 1.30 Regional News, Weather 1.45 Doctors 2.15 Murder, She Wrote (R) 3.00 BBC News, Weather, Regional News 3.05 CBeebies 3.25 CBBC 5.15 Weakest Link: With Anne Robinson. (R) 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather

BBC
TWO

6.00am CBeebies 7.00 CBBC 8.00 CBeebies 11.05 The Flintstones (R) 11.30 Daily Politics 1.00pm Animal Park (R) 1.30 Working Lunch 2.00 Open Gardens (R) 2.30 Ready Steady Cook (R) 3.00 Diagnosis Murder (R) 3.45 Flog It! (R) 4.30 Ben Fogle's Escape in Time 5.15 Escape to the Country (R) 6.00 Eggheads: Quiz Show 6.30 Antiques Road Trip (R)

itv 1

5.30am ITV News 6.00 GMTV 9.25 The Jeremy Kyle Show (R) 10.30 This Morning 12.30pm Loose Women: Topical debate. 1.30 ITV News 1.55 Regional News 2.00 Dickinson's Real Deal 3.00 Celebrity Pressure Cooker 4.00 Midsomer Murders (R) 5.00 The Chase: Quiz Show 6.00 Regional News, Weather 6.30 ITV News

4

6.10am The Hoobs (R) 6.35 Big Brother's Little Brother 7.05 Big Brother (R) 8.15 Frasier (R) 8.45 Vernon Kay's 5 O'Clock Show (R) 9.45 Deal or No Deal (R) 10.30 Everybody Loves Raymond (R) 10.55 Friends (R) 11.55 SPORT Kicking Ahead: The Power of Sport (R) 12.00noon Channel 4 News Summary 12.05pm Grudge Match (R) 12.15 Relocation, Relocation (R) 1.15 LIVE Channel 4 Racing from Newmarket 3.25 Countdown 4.10 Deal or No Deal 5.00 5 O'Clock Show 6.00 The Simpsons (R) 6.30 Hollyoaks

FIVE

6.00am Milkshake! 9.45 Michaela's Animal Road Trip (R) 10.45 Trisha Goddard (R) 11.45 CSI: Crime Scene Investigation (R) 12.40pm Five News 12.45 Extreme Fishing with Robson Green (R) 1.45 Neighbours 2.15 Home and Away 2.50 Animal Rescue Squad (R) 3.05 PREMIERE Stolen Innocence: Thriller starring Gina Philips. 5.00 Five News, Weather 5.30 Neighbours (R) 6.00 Home and Away (R) 6.25 Live from Studio Five

6am

7pm

1am

7.00 Match of the Day Live: 2010 FIFA World Cup

MUST-SEE We're well into the business end of the tournament now, with the second semi-final, kick-off 7.30pm. Hopefully, we'll be cheering England on. If not, this could all be about what might have been. As ever, if this isn't here, you'll find it on ITV1.

10.00 BBC News, Weather

10.35 The National Lottery Draws

More tenners are won.

10.45 The Bionic Vet

A Border collie is given a new knee. No NHS waiting list for him then. Shocking!

11.15 The Man Without a Face

FILM A disfigured former teacher living in seclusion tutors a lonely boy, and the pair learn to lean on each other during life's ups and downs.

7.00 Mary, Queen of Shops

Shop-saving shenanigans. (R)

8.00 The Private Life of Cows

NEW In other words, BBC2 officially waves the white flag and surrenders to the footie. Hurrah!

9.00 In Loving Memory

The stories behind roadside memorials.

10.00 Rev

A fellow priest takes up temporary residence in Adam's church. (R)

10.30 Newsnight

11.20 How to Beat Tough Times: Money Watch

Ways to save money/stop having fun. (R)

12.20am Gareth Malone Goes to Glyndebourne

The big night arrives as the chorus takes to the stage. Cover your ears. (R)

7.00 Emmerdale

Watch. The. Football.

7.30 The Lakes

Life in the Lake District. (R)

8.00 Midsomer Murders

Utterly implausible detective drama. (R)

10.00 ITV News, Weather

10.35 World Cup Highlights

SPORT The second of the semi-finals in South Africa.

11.35 Pale Rider

FILM Western starring Clint Eastwood as a mysterious lone horseman protecting a mining settlement against land-grabbers.

7.00 News

7.55 4thought.tv

8.00 Big Brother

More from the madhouse.

9.00 The Sex Education Show: Am I Normal?

10.00 Desperate Housewives

Good news – it's the last in the series!

11.00 The Big Bang Theory

Geeky fun as Sheldon competes against Star Trek actor Wil Wheaton once again.

11.30 My Name Is Earl

The do-gooder takes responsibility for his former babysitter's son.

12.00m't My Name Is Earl

Joy takes Randy's place in an audition for Erik Estrada's new reality TV show.

12.30am Music on 4: The Album Chart Show Spotlight

A round-up of the week's releases.

12.45 The Crush

Interviews with pocket-sized Aussie singer Kylie Minogue and Scissor Sisters.

11.55 Poker

7.30 Escape from Apollo 13

The ill-fated moon mission. (R)

8.00 Secrets of the Jesus Tomb

The discovery of a tomb thought by some to be that of Christ. Course it is. (R)

9.00 NCIS

Gibbs learns that Ziva was romantically involved with Rivkin.

11.00 CSI: NY

More bother in the Big Apple as a security guard is found dead. (R)

10.55 K-Ville

Solid New Orleans crime drama. A former district attorney murdered.

11.55 Poker

SPORT Shade-wearing antics in the Big Game IV.

12.55am SuperCasino

Live interactive gaming.

1.10am Sign Zone: Country Tracks (R)
2.10 Put Your Money Where Your Mouth Is (R) 3.10 Delicious Miss Dahl (R) 4.40 Click (R) 4.00-6.00am BBC News

1.20-4.40am BBC News

1.40am The Zone 3.40 The Jeremy Kyle Show (R) 4.35-5.30am ITV Nightscreen

1.15 Big Brother: Live 3.25 Unreported World (R) 3.55 **SPORT** Beach Volleyball 4.50 **SPORT** World Sport: The latest events. (R) 5.15-6.00am Countdown (R)

4.05 House Doctor: Double bill. (R)
4.55 Rough Guide to Eco Escapes (R)
5.10 The New Tomorrow (R) 5.35-6.00am Michaela's Wild Challenge (R)

REGIONAL VARIATIONS
BBC1 NORTHERN IRELAND: 10.45pm **SPORT** Colin and Graham's Excellent Adventures 11.15 **NEW** The Bionic Vet 11.45 Glastonbury 2009 12.30-1.10am BBC News **BBC1 WALES:** 10.45pm Week In, Week Out 11.15 **NEW** The Bionic Vet 11.45 **FILM** The Man

without a Face 1.40-2.10am BBC News **BBC2 SCOTLAND:** 11.00-11.20pm Newsnight Scotland, Weather **STV:** 10.30pm STV News and Weather 11.35 Nightwatch with Steve Scott: Mystery 12.30am Roulette Nation 1.00 The Jeremy Kyle

Show 2.00-5.30am The Nightshift **ULSTER:** 7.59pm UTV Live Update 10.30 UTV Live Tonight 11.00 **SPORT** World Cup Highlights: The second semi-final. 12.00m't Brain Box 2.30 Nightwatch with Steve Scott: Crime 3.25-3.40am UTV Rewind

TODAY'S SPORT

sky SPORTS 1

6.00am Good Morning Sports Fans 7.00 World Cup Report 7.30 Good Morning Sports Fans 8.00 World Cup Report 8.30 Good Morning Sports Fans 9.00 Football's Greatest 9.30 Mountain Bike World 10.00 Football Asia 10.30 **LIVE** Rugby League (HD) 1.00pm Cricket (HD) 3.00 Football's Greatest 3.30 Golf 4.30 Countdown to the 2010 Ryder Cup 5.00 Football's Greatest 5.30 **LIVE** Cricket: Leicestershire Foxes vs Worcestershire Royals. (HD) 9.00 Spirit of Yachting 9.30 Total Rugby 10.00 World Cup Report 10.30 Football's Greatest 11.00 Cricket (HD) 1.00am Soccer AM 2.00 Football's Greatest 2.30 **FIFA** Futbol Mundial 3.00 Cricket (HD) 5.00 **FIFA** Futbol Mundial 5.30-6.00am Football's Greatest

sky SPORTS 2

6.00am Aerobics 6.30 Ocean Ride 7.00 WWE: Vintage Collection 8.00 Sailing 9.00 Cricket (HD) 11.00 Poker 12.00noon Countdown to the 2010 Ryder Cup: Preview of the tournament 12.30pm Football's Greatest 1.00 Golf 3.00 Poker 4.00 Show Jumping: The International Jumping of France in Le Baule. 5.00 Rugby League (HD) 6.00 Boots 'n' All 7.00 **LIVE** Winning Post: This evening's meetings at Naas and Worcester. 9.00 Transworld Sport 10.00 Boots 'n' All 11.00 State of Origin Rugby League (HD) 12.00m't Football's Greatest 12.30am **FIFA** Futbol Mundial 1.00 Cage Fighting 3.00 Boots 'n' All 4.00-5.00am Rugby League (HD)

ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

FILM4 (315)

7.15pm The Ringer: Comedy starring Johnny Knoxville and Brian Cox. 9.00 Mr & Mrs Smith: Black comedy thriller starring Brad Pitt and Angelina Jolie. 11.15 The Black Dahlia: Crime thriller starring Josh Hartnett. 1.35-3.40am The Eye: Horror mystery starring Angelica Lee.

COMEDY CENTRAL (126)

7.00pm The King of Queens 8.00 Frasier 9.00 Two and a Half Men 10.00 Dara O'Briain: Live at the Theatre Royal 11.20 Sex and the City 12.30am Two and a Half Men 1.30 South Park 2.30 The Office:

An American Workplace 3.00 Scrubs 3.30 Two and a Half Men 4.20 The King of Queens 5.10-6.00am Frasier

BBC3 (115)

7.00pm The World's Strictest Parents: Two teenagers are sent to live with a family in Pune, India. 8.00 Big Meets Bigger 9.00 **FILM** Casanova: Adventure starring Heath Ledger. 10.45 Family Guy: The Griffin family get a new dog. 11.30 American Dad!: Stan puts Steve on steroids. 12.15am Mongrels 12.45 Big Meets Bigger 1.45 **SPORT** Match of the Day: 2010 FIFA World Cup: A re-run of the second semi-final. 3.25 Mongrels 3.55 The Real Hustle on Holiday 4.55 **SPORT** World Cup's Most Shocking Moments 5.10-5.15am Great Movie Mistakes

E4 (136)

7.00pm Hollyoaks 7.30 Friends 9.00 Gok's Fashion Fix 10.00 **FILM** Hot Shots!:

Action comedy spoof starring Charlie Sheen. 11.40 You Have Been Watching: TV-related laughs with David Mitchell, Victoria Coren and Andy Nyman. 12.30-6.00am Big Brother: Live

DAVE (111)

7.00pm Seaside Rescue 8.10 Dragons' Den 9.30 Mock the Week 10.10 QI 10.50 Never Mind the Buzzcocks 11.30 Mock the Week 12.10am QI 12.50 Never Mind the Buzzcocks: With Lucy Porter and Yvette Fielding. 1.30 Totally Viral 2.20 Crash Addicts 2.45-3.00am **SPORT** Radical Highs: Base jumping.

MTV ONE (350)

7.00pm Gossip Girl 8.00 The Hills: 8.30 The City 9.00 16 and Pregnant 10.30 Jersey Shore 11.00 Blue Mountain State 12.00m't South Park 1.00am Dirty Sanchez: Behind the Seven Sins 2.00 Jersey Shore 3.00-6.00am MTV Playlist



6.00am The Biggest Loser US (R) **7.00** Brainiac: Science Abuse (R)(HD) **8.00** Oops TV (R) **9.00** Cold Case (R) **10.00** UK Border Force (R)(HD) **11.00** X-Weighted: Families (R) **12.00noon** Law & Order (R) (HD) **1.00pm** Cold Case (R) **2.00** Project Runway (R)(HD) **3.00** Stargate SG-1 (R) **5.00** Malcolm in the Middle: Double-bill. (R)(HD) **6.00** Oops TV (R)

7.00 The Simpsons
A comet heads for Springfield. (R)

7.30 The Simpsons
Bart exploits a teachers' dispute in a bid to get the school closed down. (R)

8.00 Fat Families: Second Helpings
Lardy types are told to eat lettuce. (HD)

9.00 The Librarian: Return to King Solomon's Mines

FILM Fantasy adventure sequel starring Noah Wyle.

10.45 The Real A&E
Life in the casualty department. (R)

11.15 Real Filth Fighters
Following specialist clean-up teams. (R)

11.45 Oops TV
"Back a bit. Back a bit more..." Splash! (R)

12.45am The Real World: Key West
House-sharing docuseries. (HD)

1.15 The Real World (HD) 1.40 Oops TV (R) 2.35 Road Wars (R)(HD) 3.30 24 (R)(HD) 4.20 Tim Gunn (R) 5.10-6.00am Are You Smarter Than a 10 Year Old? (R)(HD)

VIRGIN 1 (121)
7.00pm Star Trek: Voyager **8.00** Duncan Bannatyne's Seaside Rescue **9.00** Criminal Minds **11.00** Medium **12.00m't** Challenge Jackpot **3.00am** Booze Britain: Binge Nation **4.00-5.00am** Pyramid Game with Donny Osmond

SYFY (129)
7.00pm Smallville **8.00** **FILM** Komodo vs Cobra: Sci-fi horror starring Michael Paré. **9.50** **FILM** Dungeons & Dragons 2: The Elemental Might: Fantasy adventure sequel starring Mark Dymond. **11.50** Painkiller Jane **2.00am** Buffy the Vampire Slayer **3.00** Medium **4.00** Angel **5.00-6.00am** Smallville

FX (164)
7.00pm NCIS **9.00** Family Guy **9.30** American Dad! **10.00** Dexter **12.00m't** Farscape **1.00am** Babylon 5 **2.00** ReGenesis **3.00-4.00am** Charlie Jade

TODAY'S MUST-SEES

"Chief! Chief! I think I've found a copy of Razzle"

Cook County Jail

Discovery Channel, 10pm

DOCU What with all the must-join gangs, the brutal wardens, the rapes and the beatings, US jails don't look like a barrel of laughs. In this series, we head for Cook County, Illinois, where the struggle for the forces of law to maintain order is constant, where cells teem with vermin, and there's more than one guard or volunteer employee for every one of the 10,000 inmates. Yep, not much fun to be had there. ★★★★



Stoke vs Wolves was never a season highlight

World Cup Live BBC1 or ITV1, 7pm

SPORT It's squeaky-bum time with this second semi-final, live from Durban. England will have needed to have seen off Germany and (probably) Argentina to get this far, but if they have, good luck to them – they'll have earned it! ★★★★



The Kurt Cobain impersonator was going a bit too far

Sons Of Anarchy Bravo, 10pm

DRAMA The second series of one of the grittiest shows on the box continues with the renegade motorcycle club united by the news of Gemma's rape and out to inflict damage on the white supremacists who attacked her. ★★★

**White Collar** Bravo, 9pm

DRAMA Jailbird con artist-turned-FBI collaborator Neal Caffrey (Matt Bomer, above left) is challenged by an old adversary to forge a bottle of wine once owned by US statesman Benjamin Franklin. So he does. The bigponce. ★★★



BBC
ONE

6am
6.00am Breakfast 9.15 The Estate We're In 10.00 Homes Under the Hammer 11.00 Real Rescues 11.45 Cash in the Attic (R) 12.15pm Bargain Hunt 1.00 BBC News, Weather 1.30 Regional News, Weather 1.45 Doctors 2.15 Murder, She Wrote (R) 3.00 BBC News, Weather, Regional News 3.05 CBeebies 3.25 CBBC 5.15 Weakest Link: Against-the-clock quiz. (R) 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather

BBC
TWO

6.00am CBeebies 7.00 CBBC 8.30 CBeebies 11.10 The Flintstones (R) 11.35 The Flintstones (R) 12.00noon Daily Politics 12.30pm Working Lunch 1.00 The World at War (R) 1.50 Hands on Nature (R) 2.00 Open Gardens (R) 2.30 Ready Steady Cook (R) 3.00 Diagnosis Murder (R) 3.45 Flog It! From Stirling. (R) 4.30 Ben Fogle's Escape in Time 5.15 Escape to the Country (R) 6.00 Eggheads (R) 6.30 Antiques Road Trip (R)

itv
1

5.30am ITV News 6.00 GMTV 9.25 The Jeremy Kyle Show 10.30 This Morning 12.30pm Loose Women 1.30 ITV News 1.55 Regional News 2.00 Dickinson's Real Deal: From Cheshire. (R) 3.00 Celebrity Pressure Cooker 4.00 Midsomer Murders (R) 5.00 The Chase 6.00 Regional News, Weather 6.30 ITV News

4

6.00am The Hoobs (R) 6.50 Big Brother's Little Brother 7.20 Big Brother (R) 8.15 Frasier (R) 8.45 Vernon Kay's 5 O'Clock Show (R) 9.45 Deal or No Deal (R) 10.30 Everybody Loves Raymond (R) 10.55 Friends (R) 11.55 SPORT Kicking Ahead: The Power of Sport (R) 12.00noon Channel 4 News Summary 12.05pm Grudge Match (R) 12.15 Relocation, Relocation (R) 1.15 LIVE Channel 4 Racing 3.25 Countdown 4.10 Deal or No Deal 5.00 Vernon Kay's 5 O'Clock Show 6.00 The Simpsons (R) 6.30 Hollyoaks

FIVE

6.00am Milkshake! 9.45 Michaela's Animal Road Trip (R) 10.45 Trisha Goddard (R) 11.45 CSI: Crime Scene Investigation (R) 12.40pm Five News 12.45 Extreme Fishing with Robson Green (R) 1.45 Neighbours 2.15 Home and Away 2.50 Animal Rescue Squad (R) 3.05 FILM Mystery Woman: Mystery Weekend: Whodunit. 5.00 Five News, Weather 5.30 Neighbours (R) 6.00 Home and Away (R) 6.25 Live from Studio Five

6am

7pm

1am

7.00 **Fake Britain**
A look at some dodgy motors. (R)
7.30 **EastEnders**
Hour-long episode. How dare they?
8.30 **Outtake TV**
Telly types fluffing their lines.
9.00 **Traffic Cops**
High-speed law enforcement.
10.00 **BBC News, Weather**
10.35 **Question Time**
Political claptrap.
11.35 **This Week**
Even more political hogwash. Perfect if you're struggling to nod off.

12.25 **Sign Zone: Panorama**
Whether Britain's children are being failed by incompetent teachers. (R)
12.55 **Sign Zone: Countryfile**
John Craven interviews jug-eared monarch in waiting Prince Charles. (R)

7.00 **Natural World**
Cuddly critters from around the globe.
8.00 **Hampton Court Palace Flower Show 2010**
More green-fingered gubbins.
9.00 **Dive - Lindsey's Story**
Brit-drama told from two different perspectives over two nights.
10.00 **Mock the Week**
Topical news-bashing with Dara O'Briain and the boys. (R)
10.30 **Newswight**
11.20 **Golf: The Scottish Open**
SPORT Hazel Irvine introduces highlights of the opening day's club swinging at Loch Lomond Golf Club. Lurid jumpers ahoy!
12.20am **In Loving Memory**
Grim doc about roadside memorials. (R)

7.00 **Emmerdale**
Gah, not this again!
7.30 **Britain's Broken Roads: Tonight**
A look at the nation's motorways.
8.00 **Emmerdale**
Two in a night. Yep, they're mocking us.
8.30 **Coronation Street**
Flat cap-donning types have a moan.
9.00 **Homes from Hell**
People whose ambitions to build their dream home ended in ruin.
10.00 **ITV News**
10.35 **Crash Scene Investigators**
Police experts analyse road accidents. (R)
11.35 **Superhuman: Genius**
The stories of five exceptionally talented people. The big show-offs! (R)
12.30am **The Zone**
Interactive gaming gubbins.

7.00 **News**
7.55 **4thought.tv**
A woman reveals how her belief in the afterlife helped her grieve for her sister.
8.00 **Big Brother**
Nerves will be jangling in the house with tomorrow night's eviction, and a massive reality check, looming large.
9.00 **The Sex Education Show: Am I Normal?**
Yeah, probably. Stop worrying.
10.00 **Underage and Having Sex**
Distinctly dodgy-sounding documentary about teen pregnancy.
11.05 **Skins**
Freddie has an argument with Effy.
12.10am **Dirty Sexy Money**
Tripp and Nick try to halt proceedings as Karen prepares to get married.

7.30 **Fifth Gear**
More porn for petrolheads as the team put the BMW 5 Series through its paces.
8.00 **Cheetah Man**
Biopic focusing on the life of Ashley Cole. Oh, sorry, it's something about wildlife. (R)
9.00 **Conspiracy Theory**
FILM Thriller starring Mel Gibson as a seemingly wacko cab driver, struggling to convince Julia Roberts' sceptical lawyer of his theories.
11.40 **Cricket on Five**
SPORT Today's best willow-thwacking action from England's opening one-dayer with Bangladesh, from Trent Bridge.
12.40am **SuperCasino**
Live interactive gaming.

1.55 **Halcyon River Diaries (R) 2.55**
Put Your Money Where Your Mouth Is (R) 3.55-6.00am News

1.20-4.25am BBC News

2.30 The Jeremy Kyle Show (R) 3.25 Britain's Broken Roads: Tonight (R)
3.50-5.30am ITV Nightscreen

4.05 Big Brother: Live: More from the house. 5.15-6.00am Countdown (R)

4.05 **House Doctor (R) 4.30 House Doctor (R)** 4.55 Rough Guide to Weekend Breaks (R) 5.10 **The New Tomorrow (R)**
5.35-6.00am Michaela's Wild Challenge

REGIONAL VARIATIONS
BBC1 SCOTLAND: 7.00pm The Beechgrove Garden 9.00-10.00pm River City **BBC1 WALES: 11.35pm** Dragon's Eye 12.05am This Week 12.50-1.25am **SPORT** Inside Sport: South Africa in Black and White **BBC2 SCOTLAND: 11.00-11.20pm** Newsnight

Scotland, Weather **BBC2 WALES: 7.00pm** Dragon's Eye 7.30-8.00pm Welsh Tenors **STV: 10.35pm** FILM Open Water 12.05am Roulette Nation 1.00 The Jeremy Kyle Show 2.00-5.30am The Nightshift **ULSTER: 10.30pm** UTV Live Tonight 11.00 **SPORT**

RPM Motorsport 11.30 **SPORT** World Cup Rock 'n' Goal Years 12.00m't-2.30am Brain Box **ITV1 WALES: 7.30pm** I Was There 10.35 Sharp End 11.05-11.35pm Britain's Broken Roads: Tonight

TODAY'S SPORT

sky SPORTS 1
6.00am Good Morning Sports Fans
7.00 World Cup Report
7.30 Good Morning Sports Fans
8.00 World Cup Report
8.30 Good Morning Sports Fans
9.00 Football
10.00 Cricket (HD)
12.00noon Boots 'n' All
1.00pm Football's Greatest
1.30 Total Rugby
2.00 **MUST-SEE** Cricket: England take on Bangladesh in the first meeting of their three-match one-day series at Trent Bridge. This should be a doozy! (HD)
10.30 Time of Our Lives
11.30 Premier League World
12.00m't Football's Greatest
12.30am Cricket (HD)
2.30 Premier League World
3.00 Time of Our Lives
4.00-6.00am Cricket (HD)

sky SPORTS 2
6.00am Aerobics 6.30 Ocean Ride 7.00 WWE: Experience (HD) 8.00 Boots 'n' All 9.00 Rugby League (HD)
10.00 Modern Pentathlon
11.00 Aerobics
11.30 Racing News
12.00noon Watersports World
1.00pm Modern Pentathlon
2.00 Boots 'n' All
3.00 Watersports World
4.00 Boots 'n' All
5.00 WWE: Vintage Collection
6.00 Football
7.00 NRL Fulltime
7.30 **LIVE** Rugby League: Featherstone vs Leigh, kick-off 7.30pm.
9.30 Super League's Supermen
10.00 World Cup Report
10.30 WWE
1.30 NRL Fulltime
2.00-4.00am Rugby League

ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

FILM4 (315)
7.05pm The Italian Job: Crime caper starring Michael Caine. 9.00 Predator: Sci-fi action fantasy. 11.05 **Timecrimes: Spanish time-travel thriller**. 12.55-3.40am **L.A. Confidential: Period crime thriller** starring Russell Crowe.

COMEDY CENTRAL (126)
7.00pm The King of Queens 8.00 Frasier 9.00 Two and a Half Men: Charlie and Alan throw a party for their mother. 10.00 Lee Evans: Wired and Wonderful - Live at Wembley: A stand-up performance by the comedian. 12.15am Sex and the City

ESPN 6.30pm AFL 7.30 Basketball 8.00 Boxings 10.00 MMA Live 10.45 UFC All Access 11.15 Boxing 11.30 DTM Review Show 12.30am Press Pass 2010 1.30 MLB 4.30 Boxing 4.45-5.30am MMA Live

1.25 Two and a Half Men 2.25 South Park: The townsfolk watch a Civil War re-enactment. 3.25 30 Rock: New York-set laughs. 3.55 Two and a Half Men 4.20 The King of Queens 5.10-6.00am Frasier

BBC3 (115)
7.00pm Total Wipeout 8.00 Undercover Princesses 9.00 Big Meets Bigger 10.00 EastEnders 11.00 Lee Nelson's Well Good Show: Jason Bent demonstrates his unusual training tips. 11.30 Family Guy: Peter participates in a medical experiment to make some money. 12.15am Big Meets Bigger 1.15 Undercover Princesses 2.10 Lee Nelson's Well Good Show 2.40 Total Wipeout 3.40 The Real Hustle: High Stakes 4.40 World Cup's Most Shocking Moments 4.55-5.25am Bizarre ER

E4 (136)
7.00pm Hollyoaks 7.30 Friends 9.00 **MUST-SEE** The Big Bang Theory 9.30 How

I Met Your Mother: Barney and Robin are in a rut. 10.00 Accidentally on Purpose 10.35 Alan Carr: Chatty Man 11.25 **MUST-SEE** Important Things with Demetri Martin: Offbeat stand-up fun with the US comic. 11.55-6.00am Big Brother: Live

DAVE (111)
7.00pm Seaside Rescue 8.00 Dragons' Den: A range of cosmetics for darker skin. 9.00 QI: Loads of episodes, one after the other. 1.40am Pulling: Louise falls in love with Karen's conquest. 2.10 Totally Viral 2.35-3.00am And Then You Die

MTV ONE (350)
7.00pm Gossip Girl: Chuck goes missing. 8.00 16 and Pregnant 9.30 The Hills 10.00 Randy Jackson's America's Best Dance Crew 11.00 Nitro Circus 12.00m't South Park 1.00am Dirty Sanchez: Behind the Seven Sins 2.00 Jersey Shore: Reality show. 3.00-6.00am MTV Playlist

8 JULY

THURSDAY

FULL 7
DAY TV
GUIDE!

sky1

6.00am The Biggest Loser US (R) **7.00** Brainiac: Science Abuse (R)(HD) **8.00** Oops TV (R) **9.00** Cold Case (R) **10.00** UK Border Force (R)(HD) **11.00** X-Weighted: Families (R) **12.00noon** Law & Order (R)(HD) **1.00pm** Cold Case (R) **2.00** Project Runway (R) **3.00** Stargate SG-1 (R) **4.00** Stargate SG-1 (R) **5.00** Malcolm in the Middle (R)(HD) **6.00** Oops TV (R)

7.00 The Simpsons
Marge tackles her fear of flying. (R)
7.30 The Simpsons
Marge is stalked. (R)
8.00 The Real A&E
Behind the scenes at a busy casualty department. Expect gore. (R)
8.30 Real Filth Fighters
Following specialist clean-up teams. (R)
9.00 A League of Their Own
Gabby Logan and Ardal O'Hanlon join James Corden. (R)(HD)
9.30 Modern Family
Gloria plans a romantic getaway.

10.00 Lie to Me
MUST-SEE Cal is on lie-hunting duty when a policeman is shot and left paralysed. (HD)
11.00 NCIS: Los Angeles
The team investigate after a petty officer is killed at a strip club. (R)(HD)
12.00m't Oops TV
Home video mishaps with JLC. (R)

1.00 Road Wars (R) **2.00** Road Wars (R)
3.00 Oops TV (R) **3.25** 24 (R) **4.20** Tim Gunn's Guide to Style **5.10-6.00am** Are You Smarter Than a 10 Year Old? (R)(HD)

VIRGIN 1 (121)
7.00pm Star Trek: Voyager **8.00** Chuck: The spy trains a new employee. **9.00** Medium **10.00** Hustle: Danny takes charge of the latest con. **11.05** Most Shocking **12.00m't** Challenge Jackpot **3.00am** Booze Britain **4.00-5.00am** Pyramid Game with Donny Osmond

SYFY (129)
7.00pm Smallville **8.00** Merlin and the Book of Beasts **10.00** Painkiller Jane **12.00m't** Merlin and the War of the Dragons **2.00am** Buffy the Vampire Slayer **3.00** Painkiller Jane **4.00** Angel **5.00-6.00am** Smallville

FX (164)
7.00pm NCIS **9.00** Family Guy: Double bill. **10.00** American Dad! **11.00** Family Guy: Double bill. **12.00m't** Farscape **1.00am** Babylon 5 **2.00** ReGenesis **3.00-4.00am** Charlie Jade

TODAY'S MUST-SEES



"Come on – limbo!"

England vs Bangladesh

Sky Sports 1/HD, 2pm

SPORT Hot on the heels of their one-day series against the Aussies, England are in limited-overs action again, this time taking on perennial minnows Bangladesh at Trent Bridge in the first of three 50-over matches. Andrew Strauss' men whitewashed Bangladesh in their last one-day series 3-0, and comfortably saw them off in their recent Test series, so they'll be hoping for more of the same here. ★★★★

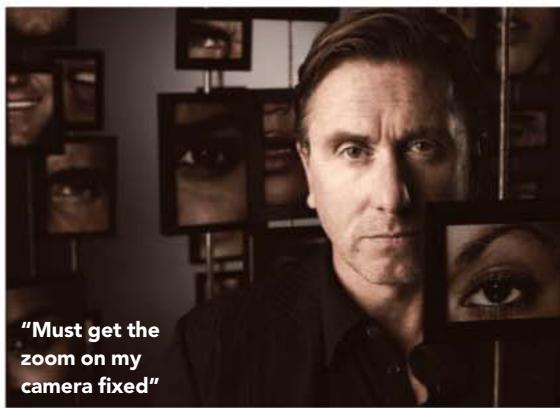
BACK IN ACTION!



"Guys, I said there's a prawn on TV!"

The Big Bang Theory **E4, 9pm****COMEDY**

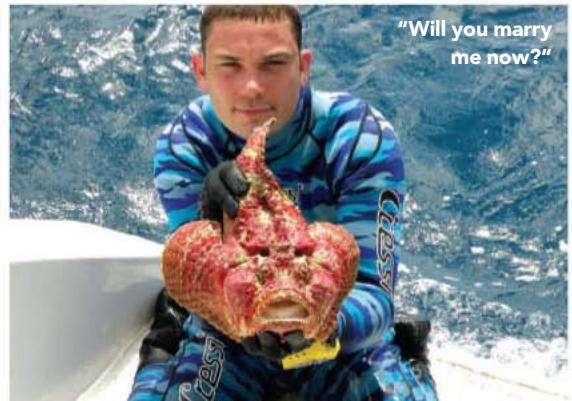
Leonard and Penny (hottie Kaley Cuoco) have broken up, so Sheldon tries to hide his friendship with her from him. Blimey, if being a nerd makes you this desirable to women, we're off to learn how to build a computer! ★★★★



"Must get the zoom on my camera fixed"

Lie To Me **Sky1/HD 10pm****DRAMA**

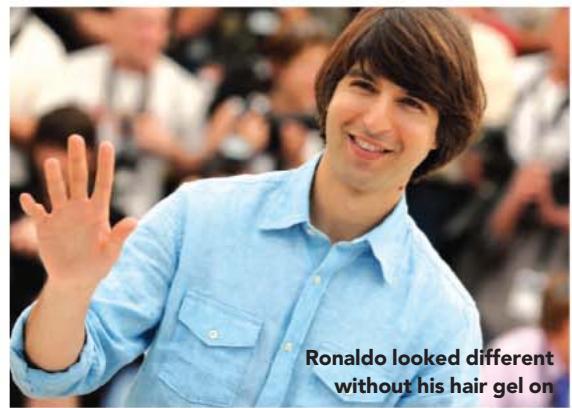
When a cop is shot, Cal (Tim Roth, above) tries to interpret the movements of the officer's eyes to find the culprit. We expect him to glean the message, "Oi! I'm in agony – why are you staring at my eyes?" But you never know... ★★★



"Will you marry me now?"

Venom Hunter **Discovery, 9pm****DOCU**

Venom enthusiast (if such a thing can actually exist) Donald Schultz (above) heads out into the world to say a cheerful "Hello!" to all manner of dangerous beasties, this time milking Sri Lanka's snakes of their venom. Good luck! ★★★



Ronaldo looked different without his hair gel on

Important Things With Demitri Martin **E4, 11.25pm****COMEDY**

Frequently hilarious, pad-obsessed stand-up and sketches from the US funnyman, this time on the theme of ability. ★★★★

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- 5. You got my Girlfriend pregnant - Wanna fight?
- 6. 'Honey Trap' Call - Are they cheating on you?
- 7. Wrong Number - Is that the Massage Parlour?
- 8. The VAT Office want their £20k ... or else.
- 9. Your Car Insurance is being Revoked - from 12pm.
- 10. Caught Downloading Internet Porn ... & a virus!
- 11. Strange £1Million Bank account Deposit - Why? + more online

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19 Yrs Students Sleepover Turns Naughty 415669
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Saucy Fat Babes Play With Their Huge Boobs 416159
Sexy Chanelle Loves To Tease On Cam! 412395
18 Yr Olds First Uncensored Home Movie 412177
My Naughty Wife Got It On With My Bro! 416509
Danielle Lloyd Strips Off Her Lacy Lingerie 411238
Frisky Bridesmaids Private Strip Tease! 419867
Mature Babe Seduced Me In Leather Catsuit 414026
Naughty Student Reveals All For Cash! 415583
Holly McGuire's Horny PVC Fetish Vid 413098
Rosie Jones & Friends Get Frisky For You 419659
Naughty Nurses Huge Jugs Get Fondled 417295
5 Mins With Silvia Saint 411622
Sophie Howard Can't Keep Her Clothes On! 418724
DD+ Babes Get Randy After Night Out! 416874
Home Alone Housewife Plays On Cam 416156
Big Boobs Babe's Shower Self Play Vid 416412
Caught My Sisters Mate Playing Outsidel 416387
Saucy Flatmates Experiment On Camera 410949



RINGTONES!

chart

	Full MP3	Ringtone
Frisky Tinie Tempah	219047	219063
Gettin Over You David Guetta	218989	218998
Not Afraid Eminem	218984	218992
Ridin' Solo Jason Derulo	218868	218869
Nothin' On You B.o.B	218908	218909
Candy Aggro Santos	218990	218999
We Dance On N-Dubz	218985	218993
OMG Usher	218588	218589
Solo Iyaz	218991	219017
Stereo Love Edward Maya	218875	218876
Good Times Roll Deep	218777	218778
She Said Plan B	218586	218587
Pass Out Tinie Tempah	218293	218288
Neutron Star Collision Muse	218918	218917
Until You Were Gone Chipmunk	218797	218799
Riverside Sidney Sampson	217165	217231
Dirty Picture Taio Cruz	218637	218636
Opposite Of Adults Chiddy Bang	218340	218336
Sex On Fire Kings Of Leon	217576	217438
Rock That Body Black Eyed Peas	218481	218480
This Aint A... Scouting For Girls	218582	218584

txt alerts

Inbetweeners - Ooooh Friend!	211404
Achmed - Silence I Kill You!	213885
EastEnders Ending Doof Doofs	216391
Die Hard - Yippee Ki Yay Mother..	211360
South Park - Cartman Hissy Fit	210182
Gavin & Stacey - Oh What's Occurin'	215722
Fast & Furious Dump Valve	213846
The Shining - Red Rum	215508
Fam Guy Stewie - Victory Is Mine!	215851
Simpson Nelson - Ha Ha	211106
Del Boy - Luvvly Jubbly	216172
Bullseye - Innnnn One!!	215499
Fam Guy Herbert - Lucky Sonova..	211921
Naked Gun - Nica Beaver	214149
Pool Break SFX	211916
Text On Fire - Spoof	214708
Family Guy - Surfin Bird	211356
Star Trek - Khaaaaan!	214053
Air Horn SFX	219523
Meerkat - Meerkat Simples!	217015
Cartman South Park - Poker Face	211892
Fam Guy - Don't Stop Believin'	211894

theme tunes

top tv themes	
Shameless	217632
Family Guy	212009
Top Gear	213808
Father Ted	218832
Formula 1	216395
Only Fools & Horses	213188
The Inbetweeners	216869
Question Of Sport	216000
True Blood	216667
Southpark	212842
Big Brother	215577
Fawlty Towers	213951
Wimbledon	216043
Doctor Who	212215
Auf Wiedersehen Pet	219208

movie themes

The Great Escape	212168
Pearl & Dean	218324
Halloween	217110
The Godfather	217154
Top Gun	211943
Mission Impossible	217286
Smokey & The Bandit	216638
Back To The Future	213834
The A-Team	217152
Ghostbusters	214954

world cup tones & pics

Shout - Shout For England	219408
Wavin Flag - K'Naan	219064
3 Lions - The Squad 2010	219280
World In Motion - New Order	219265
Three Lions 98 - Baddiel & Skinner	219630
Jerusalem	219354
Nessan Doma - Three Tenors	219369
Waka Waka - Shakira	219718
Tubthumping - Chumbawumba	219319
Lets Hear It England! CHANT	219821
Vindaloo CHANT	219924
If I Can Dream - Terry Venables	219628
It's Coming Home CHANT	218896
Ingerland Ingerland CHANT	218895
England We Love You CHANT	218898
Vuvuzela Horn SOUND EFFECT	218901
England World Cup Flag ANIMATION	219759
England CHANT	218892
Match Of The Day THEME	216057
Soccer AM THEME	216764
Soccer AM Catwalk THEME	216271
Rooney No.10 WALLPAPER	219780
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23rd July Wickerman Festival - Dumfries, Scotland

If short tarten skirts are your bag then the girls here are sure to get your pipes blowing! feat. The Charlatans, Kutski, Fabio, Goldie Lookin Chain. £85 + bf
www.skiddle.com/nuts/wickerman

30th July Kendal Calling - Lowther Deer Park, Lake District

Calvin Harris headlines this festival, boys & girls alike should be ready for the weekend... feat. Calvin Harris, The Doves, Kid British, Erol Alkan. £85 + bf
www.skiddle.com/nuts/kendalcalling

30th July Tiesto - Victoria Park, London

If trance is your thing then the ladies here will be sure to light up your glow sticks. feat. Tiesto, Pendulum. £39 + bf
www.skiddle.com/nuts/tiesto

27th/28th August L.E.D Festival - Victoria Park, London

A virgin festival on the scene, you'll be sure to find some fresh tody on the dance floor. feat. David Guetta, Soulwax, Leftfield. £40/70 + bf
www.skiddle.com/nuts/led

28th/29th August Creamfields - Daresbury Estate, Cheshire

There are plenty of single ladies at Creamfields, make sure you camp and get involved. feat. David Guetta, Deadmau5, Armin Van Buuren, Paul van Dyk. £59/110 + bf
www.skiddle.com/nuts/creamfields

28th/29th August Sw4 Weekender - Clapham Common, London

2 days of mixed action across several tents...and then there's the dance tents themselves! feat. Armin Van Buuren, Sasha, Erick Morillo. £40/75 + bf
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29th August Deadmau5 - Tall Trees, Yarm

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LL PO6538 NN27YN. Help 0843 1582255. 18+. SMS cost £1.50 each + standard network charges apply. To stop text 'STOP' to 69469.

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Hot girls at home always ready & sexy FOR YOU! Text in now for girls pics -a great time guaranteed, full satisfaction xxx

TEXT KISS TO 67111

LL PO6538 NN27YN. Help 0844 871 4497. 18+. SMS cost £1.50 each + standard network charges apply. To stop text 'STOP' to 69469.

18+. This is NOT a subscription service. Standard network charges apply to messages sent. For the best experience, your mobile should be able to send and receive MMS photos and videos. Meetings not implied or guaranteed. MMM Ltd Helpline: 0871 310 7591 PO Box 55766 London E14 1DT

LIVE CHAT

GET LIVE & SEXY WITH NAUGHTY GIRLS AT HOME



MATURE LADIES
Hot mature Ladies know how to get sexy with you! They're always willing to please new callers xxx
0909 897 2053



SWEET 18'S +
45P So very adventurous & fit bodies wanting men of all ages for adventure, fun and thrills xxx xxx xxx xxx
0908 145 2545



45P SEXY GIRLS
Ask what you really want and we will do everything you like. You'll come back for more! xxx
0908 145 0576



SEXY & MATURE OPEN ALL HOURS
Experienced Ladies - do you need it hard & fast? Well just call these tasty oldies - best get off in the UK!
0909 897 9111



40+ YEAR OLD SHARON
Ladies at home that are mature in so many special ways. Chat now to mature women xxx
0909 897 9416



GIRLFRIENDS JUST FOR 45P YOU
Sexy babes at home desperate to be your girlfriend & to please you in everyway possible.
0908 145 0581



MATURE WOMAN CRAVES ATTENTION
We just know how to get you off as fast as you want. Superfast, mind-blowing satisfaction from very experienced fit ladies xxx
0909 897 0888



45P GIRLS AT HOME
Live flirty chat Single girls who do all the work. Total pure sexy 1on1 xxx
0908 145 0580



ON THE PULL
45P The baddest girls in town who just adore horny guys looking for a quick fix and some adult relief at any time
0908 145 0575



GORGEIOUS SINGLES
Casual singles seriously up for it with as many guys as you can believe. 30 secs to serious heaven when you just need to get off
0909 897 9412



SUPERFAST RELIEF!
For a super fast sexy relief that is mind blowing, just give us a call. Girls giving live sexy 121!
0909 897 9442



JUST 18+
18+ hot, alone & ready to excite! Really naughty girls behaving badly live just for your pleasure. Call now talk to girls live xxx
0909 897 2038



45P FAST RELIEF
Get ready to enjoy yourself. Cheap get off with lovely sexy girls desperate to relieve you and their own urges xxx
0908 145 0579



45P COLLEGE GIRLS 18+
Looking for horny guys to fill their recreation time! Eager and willing to please, all guys needed urgently for the ultimate get off today x
0908 145 0582



45P I'LL BLOW YOUR MIND
Fun thrills that'll blow your mind! If you want it live call now for the ultimate relief xxx
0908 145 2543



VERY BROAD MINDED
Live sexy girls over 18 who do not mess around and get straight down to action! serious xxx
0909 897 9333



45P HAVE FUN & RELAX
Up close and personal - lovely girls at home just eager to go live with you 1 on 1! x
0908 145 2542



BEAUTIFUL LADIES
Lovely larger ladies who just want to give pleasure. 100% private and offering a real sexy adult time
0909 897 9405



HUNGRY HOUSEWIVES
Just hungry for a wicked time. These gorgeous ladies just looking for an erotic time. 100% totally sexy stimulation xxx
0909 897 9447



45P SEXY GIRLS AT HOME
Beautiful funny intelligent sexy girls with lots of energy that needs to be used now x
0908 145 2544



45P VERY HOT LADIES
Girls that are at home that want any guys any age to totally satisfy. Horny sexy 121 x
0909 897 0612



45P DIVORCED & SEXY
Very bad women who will do all you ask anytime. Various horny partners needed urgently xxx
0908 145 0577



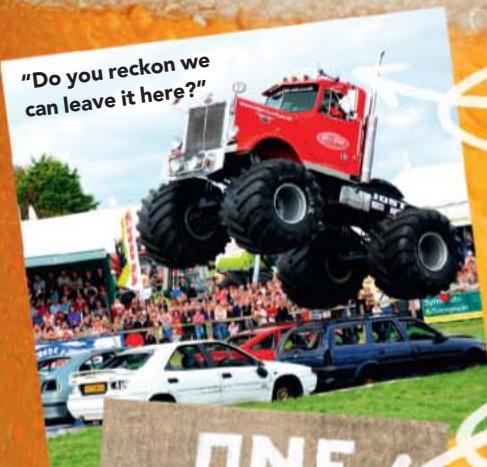
45P HOT & SEXY
When you just cannot wait and need a real fast quickie session. Call now for relief
0908 145 0578

**SEXY TEXT WITH LOCAL GIRLS - JUST TEXT 'EASY' TO 69469
FOR CASUAL SEXY DATING VISIT www.DATES-4U.co.uk**

Live Lines UK Limited PO6538 NN2 7YN. Help 0844 871 4497. 0909 897 Calls rec @ 60p per minute. 0908 086 Calls rec @ £1.50 per minute. 0908 145 Calls rec @ 45p per minute. Mobile users may receive free text messages. You must be 18+ to use this service and have the bill payers permission before calling our service. SMS cost £1.50 each to receive + standard network charges apply. To stop just text 'STOP' to 69469.

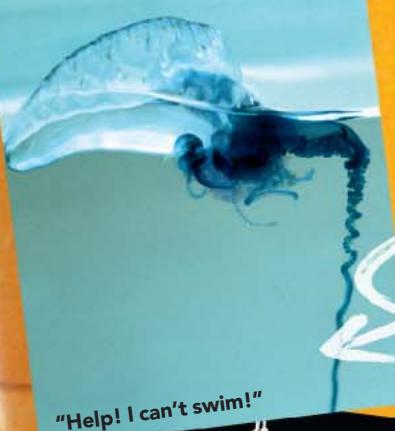
Nuts PUBAMMO

A pint of your finest facts, landlord!



ONE NATION UNDER CCTV

Red Riding Hood was struggling to make ends meet



"Help! I can't swim!"



Man City made their own 5th place trophy

Every day, the heart expends enough energy to drive a truck 20 miles.

An estimated £57.2m in loose change is lost in British homes every year - that's £1.43 per adult.

Despite its huge size, all of China is in one time zone.

Britain has ten per cent of the entire world's **CCTV** cameras - about one for every 12 people.

The first CD pressed in the US was Bruce Springsteen's *Born In The USA*.

Batophobia is the clinical name for a fear of passing tall buildings.

Oysters can change their sex from male to female.

The name taxi comes from the taximeter, the instrument that measures the distance travelled to determine an accurate fare. The taximeter was invented in 1891 by German Wilhelm Bruhn.

The average British person spends 14 hours 39 minutes sitting down every day.

The Portuguese man o' war isn't a jellyfish, it's a siphonophore - a colony of creatures called polyps and medusoids.

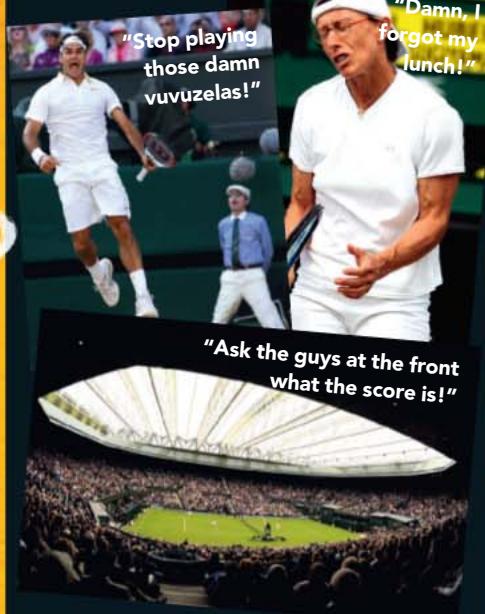
Jorge Garcia - who played Hurley in *Lost* - originally auditioned for the part of Sawyer.

West Ham co-owner David Gold owns the oldest surviving version of the FA Cup, which he bought for £478,000.

Jarvis Cocker wrote some of the songs for Russell Brand's rock star character in *Get Him To The Greek*.

Shrek Forever After star Mike Myers is Canadian but has a British passport.

PUB AMMO ON... THE WIMBLEDON FINAL



● This year sees the 124th Wimbledon Championships.

● Pete Sampras holds the record for most men's singles titles (seven), Martina Navratilova the ladies' (nine).

● The men's and ladies' champs

will receive a record £1m in prize money this year. The total prize fund is £13,725,000.

● The Wimbledon Ladies' singles final is on 3 July from 2pm and the Men's singles final is on 4 July from 2pm.



**RIGHT
GUARD**

**Xtreme
Protection**

**Xtreme
Freshness**



NEW



**Anti-perspirant with anti-bacterial silver molecules,
fights body odour at its source for 48 hours.**

Shower gel, washes away odour causing bacteria.

START YOUR DAY RIGHT!